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your money's worth in food



Ontario

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introduction

Getting your money's worth in food means more than just keeping within your food budget. It means buying foods that will give the family healthful, satisfying, appetizing meals.

If we are to make sure that every dollar we spend buys not only food but food for health, we will budget first for fruit, vegetables, whole grain cereals and bread, meat and its alternates, eggs, cheese, beans, fish.

To get the most for our money we will learn to shop wisely. The economical housewife knows grades of food and their special uses; she knows how to select foods for quality, thereby avoiding waste; she tries to buy foods when they are in season and therefore at their cheapest and best.

Finally, we get the most for our food money when food comes to the table so well cooked and so attractive that our meals are not only economical and nourishing, but interesting, and high in appetite appeal.

This publication, with its section on meal planning and its tested recipes from soups to desserts, was prepared to help you meet all of these and other requirements in getting your money's worth in food.

how to get your money's worth in food

Plan Meals Ahead

- Outline meals for the period between shopping trips.
- Include foods from each of the five groups in the section "A Food Guide for Health" (see page 8).
- Use seasonal foods.
- Choose food combinations with appetite appeal; harmonizing colors and flavors, contrasting textures and temperatures.
- Consider preparation and cooking times. If first course needs time for preparing, plan a simple dessert; if one dish is oven cooked, plan other items which bake at the same temperature.
- Build meals around foods the family likes but vary the way they are served. Introduce a new food or a new flavor and try a new recipe from time to time.
- Keep the menus flexible to allow for special bargains, seasonal foods, unexpected company, and dining out.
- Include "extras" and snacks in the planning. These can be expensive; many are high in calories and low in other food values.

Organize Food Shopping

- Check menus and recipes for supplies needed. Check cupboard, refrigerator, and freezer for foods on hand. Check newspaper ads for specials and seasonal foods.
- Make shopping list, grouping foods, e.g. meats, frozen foods, etc, to save backtracking in the store. Include any helpful reminders, e.g. beef pot roast — big enough for two meals; frozen peas — on sale: 48 oz can of tomato juice — . . . xxx . . . Brand. List alternatives in case the planned item is too expensive.
- Shop in person if possible, when produce is fresh and stores are not crowded. Shop alone if it can be arranged — children (and husbands) may play havoc with a planned shopping list.

- Buy wanted foods in quantity if there is a price advantage and suitable storage space at home.
- Buy by grade where possible and choose the grade that suits the use, e.g. grade B eggs for scrambling or in baking, choice or standard canned fruits where uniform appearance is not important.
- Check weights and read labels, then estimate cost per serving rather than comparing cost per pound, e.g. boneless meat may cost more per pound but less per serving. Cooked cereals are nearly always cheaper per serving than prepared ones. A frozen vegetable may cost less per serving than the fresh one and will save time.
- Keep non-food items together and don't include these in the food allowance.
- Pick up refrigerated and frozen items last.
- Check "special" price with regular price; sometimes it is *not* "special".

Prevent Waste by Proper Storage

- Prepare foods for storage and store as soon as they come from the market.
- Put frozen foods in freezer immediately and all dairy products in refrigerator (rinse milk jugs or cartons under cold water; wrap cheese tightly). Refrigerate eggs as quickly as possible, large end up. Do not wash.
- Remove wrappings, including cardboard trays, from meat and poultry. Place in covered meatkeeper of refrigerator or cover lightly with waxed paper or transparent wrap and store in coldest part of refrigerator. Wrap fish completely but loosely. Store bacon and other smoked meats and packaged cold cuts in original wrappings.
- Fresh fruits are perishable — handle gently and use promptly. For short holding period store most fresh fruits uncovered in the refrigerator. Bananas are an exception. Melons, oranges, grapefruit and pineapple are best stored in a cool room between 60 and 70°F, but refrigerator storage for a short period is not harmful. Leave underripe fruits, including tomatoes, at room temperature away from direct light until ripened. Most fruits, especially berries, keep better if not washed or hulled.
- Use fresh vegetables as soon as possible; meanwhile, most keep best in the refrigerator. Discard tops, root tips, damaged outer leaves; leave peas in pods, husks on corn; wash and drain greens. With a few exceptions, store vegetables in covered crisper or plastic bag in the refrigerator.
- Potatoes, turnips, winter squash and dry onions do not need refrigeration. Store at room temperature or somewhat cooler — potatoes are best stored between 45 and 50°F in a dark place.
- Canned and packaged foods store well in their original containers. Most shortenings and cooking oils may be left at room temperature; but for long storage refrigerate the oils.
- Bread in its original wrapper keeps fresher at room temperature or in the freezer; in hot weather refrigerator storage will prevent molding.

Cook With an Eye on The Budget

There are three ways to get your money's worth in the kitchen — save food, save food values, and save fuel.

Save Food

- Use reliable recipes and follow them closely. Read and follow package directions exactly. Use standard measures and measure accurately.
- Judge amounts to prepare that will satisfy family appetites and leave no unnecessary leftovers.
- Store planned or unplanned leftovers carefully and use within a few days, or wrap and freeze.
- Save bacon fat in covered jars in the refrigerator and use as fat and flavoring in sauces, casserole dishes, or with some vegetables; use to fry eggs, potatoes, French toast, and other foods where a bacon flavor is desirable. Drippings from roast or excess fat from stews and soups may be used in similar ways.
- Keep an eye on the oven, the saucepans, the toaster — burnt food is wasted food.
- Freeze bones from roasts or poultry, scraps of meat, small bits of leftover vegetables, and liquid drained from cooked vegetables until there is enough to make a pot of soup.
- Trim bruised and overripe fruits and cook with a little sugar and flavoring. Use as stewed fruit, sauce for pudding, or in fruit shortcakes.
- Dry slices of stale bread in a very slow oven and roll or grind into crumbs. Use for breading fish, poultry, etc, or as topping for casseroles.
- Cook meat at low temperature to reduce shrinkage and retain juices.

Save Food Values

- Serve raw fruits and vegetables often.
- Cook vegetables in small amounts of water and only until crisp-tender.
- Cook vegetables without peeling when practical, e.g. potatoes.
- Use cooking liquid in sauces, gravies or soups.
- Keep vitamin C foods and juices cool and covered.

Save Fuel

- Adjust top stove heat when boiling point has been reached.
- Time oven preheating so that the oven and the food are ready at the same time.
- Cook a vegetable in the bottom section of a double boiler when top is used to cook or reheat something else.
- Plan food preparation so that the oven may be used for more than one item.
- Serve raw fruits and vegetables, and do not overcook food.

a food guide for health



These are the food groupings approved by the Canadian Council on Nutrition. Select foods from each group every day.

MILK — $2\frac{1}{2}$ cups for children up to 11 years, 4 cups for teen-agers, $1\frac{1}{2}$ cups for adults. Use as beverage, in soups and puddings, and on cereal.

FRUIT — Two servings of fruit or juice, one of which is a good source of vitamin C (tomato or vitaminized apple juice, orange or grapefruit or their juices; in season, strawberries or cantaloupe). Serve as an appetizer, in salads, fruit cups, on cereal, and in many fruit desserts.

VEGETABLES — One serving of potatoes and two servings of other vegetables. The deep yellow and leafy green ones are good sources of vitamin A; raw vegetables in salads or as relishes have higher vitamin values than cooked.

BREAD AND CEREALS — White or dark bread. The amount will depend on the age and activity of family members. Most commercial white bread is made with enriched flour. Serve plain or toasted; in sandwiches, stuffings, bread puddings; as crumbs, for coating or topping.

Whole grain cereals give the best value for the money — rolled oats, whole wheat, shredded wheat are examples. Some cereals and cereal mixtures have been enriched. Read labels and compare prices per serving. Serve at breakfast or use in recipes for quick breads, cookies and desserts.

MEAT AND FISH — One serving of meat, fish, or poultry. There is a wide range of prices in this group. The less expensive cuts of meat have as good food value as the costlier ones. Liver is especially good value because of the vitamins and minerals it supplies.

Eggs, cheese and dried beans or peas are good alternates to meat occasionally. In addition, eggs and cheese should be served frequently — three or four times a week.

Note: Children and teen-agers should have some form of vitamin D. This is not present in most foods but may have been added to some fresh or processed milk (read the label).

ALTERNATIVES — In each of the food groups there are alternatives, some of which are better value for the money than others.

Skim milk powder; canned, evaporated milk; fresh milk, skimmed, partially skimmed, or whole; in various sizes of containers all have good food values at a range of prices to fit any budget. Products made from milk — cheese, ice cream, yogurt — are good alternates for part of the milk requirement.

Fruits and vegetables offer a very wide range of choices and prices. Buy fresh ones at the height of the season and keep the menu flexible enough to choose the ones that are freshest and cheapest. If there is a suitable plot of ground available, a vegetable garden can provide fresh products at considerable savings.

Many Ontario fruits and vegetables are available in three different forms — fresh, canned and frozen. Compare prices on a cost per serving basis. Read labels on cans and packages. Don't pay extra for Fancy Grade when Choice or Standard will serve the purpose, or for products canned whole if the contents are to be cut or chopped for a recipe.

Those who have canning and/or freezing equipment may preserve their own fruits and vegetables at the height of the season, often at considerable saving.

It is cheaper to add butter or sauce to frozen vegetables than to buy them with these trimmings added. Large bags of frozen fruits and vegetables are cheaper and easier to use, if freezer space is available. Dried fruits and vegetables are pleasant alternatives and often relatively inexpensive.

Cereals and Breads need very careful selection to get good value for the money. There are so many prepared cereals with nondescriptive names that labels, weights and prices are all-important.

Home-cooked cereals are nearly always cheapest, and the whole grain ones like rolled oats and cracked wheat have the best food values.

Compare bread prices according to the weight of the loaf, and look on the label for "whole grain", "enriched flour", and "milk solids". Most commercially baked bread in Ontario is made with enriched flour. Allow extra money for rolls and fancy breads.

Rice, cornmeal, flour and products made from flour, e.g. macaroni, noodles, etc, are classed with cereals. Some of these are enriched, some processed to retain food values. Read labels. Bulk buying of frequently used varieties will save money.

The Meat group, which includes poultry and fish, is likely to take the largest share of the food dollar. It pays to learn grades and cuts of meat and the best ways to cook them. The tenderest and usually the most expensive cuts come from the center of the animal carcass near the backbone. The cuts farthest away from this section are coarser and less tender and usually lower in price. Food values are the same and proper cooking methods make the less tender cuts from a good grade of meat just as appetizing as the more expensive cuts. The inspection stamp, usually on the wholesale cuts, stating Ontario Approved or Canada Approved is a guarantee of wholesomeness.

Those who have freezers may cut food costs by purchasing extra quantities of meat or poultry "specials" and freezing them for use when prices are higher.

Eggs can be an inexpensive alternative to meat. Main dishes made with cheese can cut costs and take the place of meat. Dried beans and peas, especially when combined with eggs, cheese, or the end of the roast, are hearty, appetizing and nourishing and may replace the more expensive meat course occasionally.

ADDITIONAL FOODS — A number of foods not included in the five food groups are used to round out family meals.

Sugar improves flavors of certain foods and is needed for many recipes. Bulk buying when storage is available can save money. Syrups, molasses, and honey are pleasant alternatives but may add to the cost. Jams and jellies are in this group of foods because of the high proportion of sugar used in making them. When fresh fruit is plentiful these may be made at home. Compare cost and quality with purchased varieties.

Fat is needed for spreads, for frying, and for many recipes. To many people, the distinctive flavor of butter for certain uses is worth the somewhat higher cost. Lard and other shortenings come in several brands and at a range of prices (household fats saved from cooking can cut costs here). Vegetable oils are preferred for some uses, especially in making salad dressings.

Salt and pepper, spices, herbs and flavorings point up natural flavors and introduce new ones. Buy spices and herbs in small amounts and keep tightly covered in a cool place to preserve flavor.

Tea and coffee, although they have no food value, are part of most family meals and are widely used between meals. There are many brands and the prices vary. Loose tea, carefully measured, may go farther than tea bags. Instant coffee may be cheaper per cup than regular.

Extras can use too much of the food money if not controlled. These include sauces, relishes, spreads and dips, snack-type foods, bottled beverages, many of which are low in food values but high in cost.

CONVENIENCE FOODS — There are so many of these products with varying amounts of built-in services that the efficient homemaker must decide for herself which she will buy. Some commercially prepared foods are so widely used that they are looked on as staples rather than convenience foods. These include such familiar products as canned or frozen fruits, vegetables, juices, fish, soups, ready-to-eat cereals, pickles and sauces, salad dressings, syrups, jams and jellies, butter, cheese, ice cream, bread and biscuits, peanut butter, and several more. Many of these can be and often are made at home with considerable saving of money.

To most people “convenience foods” mean packaged mixes — cakes, biscuits, pastry, puddings, etc, frozen baked or ready-to-bake cakes, pies, breads and pastries, TV dinners, and many canned, packaged, or frozen combinations that provide a quick meal with little effort. Bakery and delicatessen foods come in this group, too.

The built-in maid service in foods like these must be paid for, and in most cases it is more expensive than when done at home — often much more expensive. In some cases a saving of time may offset the higher cost, especially for those who work outside the home. In all cases the quality of the finished product and family preferences are important considerations when deciding whether to serve homemade or ready-made foods.

recipes and how to use them



- Keep an indexed file of tested recipes.
- Try new recipes from reliable sources. If approved, add to indexed file.
- Before starting to make a recipe check that all ingredients are on hand. Read method.
- Assemble ingredients and utensils; preheat oven if required. Use standard measuring equipment, level measurements, and pans or baking dishes of the recommended size. If using glass baking dishes reduce the baking temperature given in the recipe by 25°F.

Abbreviations used in recipes

tblsp — tablespoon(s)
tsp — teaspoon(s)

oz — ounce(s)
fl oz — fluid ounce(s)
lb — pound(s)

qt — quart(s)
pt — pint(s)

Replacements

For 1 cup pastry flour — use $\frac{7}{8}$ cup all-purpose flour (1 cup less 2 tbsp).
1 tbsp cornstarch (for thickening) — use 2 tbsp flour.
1 cup sour milk — use 1 tbsp vinegar plus sweet milk to make 1 cup.
1 square chocolate (1 oz) — use 3 tbsp cocoa and $\frac{1}{4}$ tbsp butter.

Equivalents of common measures

1 cup — 8 fl oz
1 cup — 16 tbsp
1 tbsp — 3 tsp
1 qt (Canadian) — 5 cups (40 fl oz)

1 qt (US) — 4 cups (32 fl oz)
1 pt (Canadian) — 2½ cups (20 fl oz)
1 pt (US) — 2 cups (16 fl oz)

Equivalents of commonly used foods

1 lb butter or shortening — 2 cups	1 lb all-purpose flour — 4 cups
1 lb granulated sugar — 2 cups	1 lb whole wheat flour — 3½ cups
1 lb brown sugar (firmly packed) — 2¼ cups	1 lb rolled oats — 5½ cups
1 lb icing sugar — 3½ cups	1 lb cheese (grated) — 4 cups
1 lb pastry flour (unsifted) — 3¾ cups	
(sifted) — 4½ cups	

Metric Equivalents

It is not too soon to “Think Metric”. Here are some metric equivalents for common Canadian household measures and temperatures.

Volume

1 quart	40 fluid ounces	1137 millilitres
		1.14 litres
1 pint	20 fluid ounces	568 millilitres
1 cup	8 fluid ounces*	237 millilitres
1 tablespoon		15 millilitres
1 teaspoon		5 millilitres
1 fluid ounce		28.4 millilitres

* Most measuring cups are in U.S. fluid ounces.

Weight

1 pound	454 grams
1 ounce	28.3 grams

Length

12 inches	30.5 centimetres
1 inch	2.54 centimetres

Temperature

450°F	232°C
425	218
400	204
375	191
350	177
325	163
300	149
212	100

meat



Meals are built around meat or one of its high protein alternatives. This can be the most expensive item in the food budget but the cost can be kept under control in several ways:

- by knowing and using the less expensive but just as nourishing cuts of meat.
- by serving poultry and fish regularly — they are often considerably cheaper.
- by using small quantities of these foods in savory combination dishes.
- by building up a collection of family recipes for meatless main dishes which feature other good protein foods, e.g. eggs, cheese, or beans.

There are two basic methods of cooking meat — dry heat (roasting, broiling, frying) for the tender cuts and moist heat (pot roasting, braising, stewing, “boiling”) for the less tender ones.

To Oven Roast (with dry heat)

Place roast, not seared, fat side up on a rack in a shallow roasting pan. If available insert a meat thermometer in the center of the roast so that the tip is not touching bone or fat. Do *not* add water and do *not* cover the pan. Place pan in the center of a moderately slow oven preheated to 325°F. Seasonings may be added when meat is half cooked. Cook to the stage desired or until the thermometer registers the temperature recommended. Let roast stand about 10 minutes to make it easier to carve.

If gravy is to be served make it while the roast is standing. Pour off excess fat leaving in the pan 2 tbsp for each cup of gravy; stir in 2 tbsp flour per cup and blend well over medium heat. Add 1 cup water; cook and stir until thickened, scraping the bits of meat from the pan to get full flavor. Strain if desired.

What to Oven Roast

What to Oven Roast		Minutes per lb	Internal Temperature °F	
Beef	ribs, sirloin tip	rare	20-25	140
	(allow more time if	medium	25-30	160
	boned and rolled)	well done	30-35	170
Fresh Pork	all cuts		40-50	185
	Pork may be roasted to 170°F by deducting 5 minutes per pound for loin roasts and 10 minutes per pound for other cuts.			
Cured and Smoked Pork	regular hams	20-35		160-170
	(allow more time if boned)			
	ready-to-serve hams	10-20		130
	picnic shoulder, cottage roll, back bacon	35-45		170
Lamb	leg, loin, shoulder (allow more time if boned and rolled)	20-45		145-170
Veal	leg, loin, rump, shoulder (allow more time if boned and rolled)	35-55		180

Use shorter time per lb for large roasts, longer time for small roasts.

For frozen roasts thaw and cook as fresh roasts or cook from frozen state increasing the cooking time by about one-half. Insert meat thermometer when meat has thawed.

To Broil

Cut the fat rim of the meat in two or three places to prevent curling. Place meat on cold rack in broiler pan 3 to 4 inches below preheated unit. (Follow manufacturer's broiling directions for type of range used.) Broil for half the required cooking time on one side, season and turn. Complete the cooking and add additional seasoning if desired.

To Panbroil — Prepare meat as above, place in lightly greased heavy frying pan over moderate heat. Brown on both sides, season after browning. Cook uncovered to desired stage of doneness, turning to cook evenly — use tongs to prevent escape of juices. Pour off excess fat as it accumulates.

Note: Panfrying is similar to panbroiling but a little more fat is used in the pan and fat need not be poured off during cooking.

What to Broil

Beef	sirloin, top round steaks; hamburgers	For a 1" thick steak broil 10 to 20 min depending on degree of doneness preferred
Pork	loin and rib chops kidneys smoked ham slices	$\frac{1}{2}$ to $\frac{3}{4}$ " thick — 18 to 25 min $\frac{1}{2}$ " slices — brush with fat, broil 6 to 8 min 1" thick — 18 to 20 min
Lamb	loin, rib, shoulder chops . kidneys	$\frac{1}{2}$ " thick — 8 to 12 min $\frac{1}{2}$ " slices — brush with fat, broil 6 to 8 min
Veal	steaks, cutlets loin and rib chops liver kidney	panbroil — $\frac{1}{2}$ " thick, 15 to 20 min $\frac{1}{2}$ " thick — broil 15 to 20 min $\frac{1}{4}$ to $\frac{1}{2}$ " slices — brush with fat, broil 8 to 10 min $\frac{1}{2}$ " slices— brush with fat, broil 6 to 8 min

To Pot Roast (with moist heat)

Brown meat in a little hot fat in a heavy pan or Dutch oven and season to taste; OR rub seasoned flour into meat before browning. Add about 1 cup liquid (water, meat or vegetable stock, tomato juice). Cover tightly and cook slowly on top of stove or in slow oven (300 to 325°F) until tender. Add more liquid during cooking if necessary. Vegetables may be added for last part of cooking time.

What to Pot Roast

Beef	shoulder, blade, chuck, cross or short rib, brisket, rump (allow extra time if boned and rolled)	25-30 min per lb
Pork		
Lamb	not usually pot roasted	
Veal		

Allow the shorter time per lb for large roasts, the longer time for small roasts. For frozen meat thaw and cook as fresh, or increase cooking time by about one-quarter.

To Braise

Braising is similar to pot roasting but used for smaller, thinner cuts. Brown meat on both sides in a small amount of hot fat in a heavy pan. (Meat may be coated with seasoned flour before browning.) Add a small amount (about ½ cup) of liquid — water, meat or vegetable stock, tomato juice, or other. Cover pan closely and simmer over low heat on top of stove, or cook in a slow oven (300 to 325°F) until fork-tender. Add more liquid during the cooking if necessary.

What to Braise

Beef	round, chuck, flank steaks, short ribs oxtails, liver, kidney, heart
Pork	steaks (from leg), shoulder chops spareribs, liver, kidney, heart
Lamb	flank, breast, heart
Veal	steak, chops, flank breast, heart

To Stew

Trim off excess fat and gristle and cut meat in small pieces. Brown pieces in a small amount of hot fat (may be coated with seasoned flour if desired before browning). For a light-colored stew omit the browning. Add seasonings and just enough liquid to cover meat. Cover and simmer slowly over low heat (do not boil) until meat is fork-tender. If vegetables are included add them about half an hour before meat is done. The gravy may be thickened with flour.

What to Stew

Beef	shank, flank, neck (stewing beef as purchased)
Pork	not usually stewed
Lamb	neck, shank, breast, flank
Veal	neck, shank, breast, flank

To “Boil” (simmer)

This is the same as stewing but larger pieces of meat are used. Cover meat with water, bring to a boil and reduce heat. Add seasonings, cover and simmer (do not boil) for recommended time or until tender. For good flavor and juiciness let meat cool in the liquid. Use liquid for gravy or save for soup.

What to "Boil" (simmer)

Beef	brisket, shank corned beef oxtail, tongue
Pork	hams, regular or ready-to-serve (see directions on wrap) picnic shoulder, cottage rolls, back bacon pork hocks
Lamb	not usually boiled
Veal	shank (used for jellied veal) and to make soup

To Serve Cooked (leftover) Meat

- | | |
|---------------|--|
| Sliced | <ul style="list-style-type: none">• Cold with hot vegetables or salads.• Heated in gravy or a savory sauce.• In sandwiches — cold, or hot with gravy. |
| Diced | <ul style="list-style-type: none">• Combined with white sauce (season with onion, mustard, horseradish, etc) or other savory sauce, Serve on toast, split baking powder biscuits, hot noodles.• In meat pie, turnovers, etc.• Added to casserole mixtures (with macaroni, spaghetti, potatoes, or other vegetables.• Combined with diced vegetables and salad dressing in salads. |
| Ground | <ul style="list-style-type: none">• Seasoned and made into baked or fried hash.• Combined with pickles, celery, onion, and salad dressing for sandwich fillings.• As stuffing for green peppers, cabbage rolls, baked tomatoes, or onions.• Formed into patties or croquettes and baked or fried. |

swiss steak

2 lb round or chuck steak,
½ to 1 inch thick
¼ cup flour
1 tsp salt

⅛ tsp pepper
cooking fat
1 small onion, sliced
2 cups canned tomatoes

Dredge meat well with combined flour and seasonings; cut into serving pieces if desired. Brown meat in a little hot fat in heavy frypan, or electric frypan, turning to brown each side. Add onion and tomatoes. Cover tightly, bring to boil and let simmer gently for 1½ to 2 hours or until meat is tender. Adjust seasoning if necessary.

Makes 6 servings.

Note: This may be cooked in covered baking dish in moderate oven, 325°F.

beef stew

2 onions, sliced
3 tbsp cooking fat
2 lb boneless stewing beef or
3 lb short ribs of beef

3 tbsp flour
1 tsp salt
⅛ tsp pepper
3 to 4 cups hot water

Cook onion lightly in fat in heavy saucepan. Cut boneless meat in 1-inch cubes, or short ribs into individual pieces; roll in seasoned flour. Remove onion from pan and brown in remaining fat, adding more fat if necessary. Add onion and hot water to meat; cover tightly and let simmer for 1½ to 2 hours or until meat is tender. If thicker gravy is desired, combine 1½ to 2 tbsp flour with ¼ cup cold water and stir into stew, cooking until thickened and smooth. Adjust seasonings.

Makes 6 servings.

Variations:

- Use canned tomatoes, tomato juice, or vegetable liquid for half the water.
- Vary the seasoning by adding, after an hour's cooking, one of: 1 tsp Worcestershire sauce, 1 or 2 tbsp horseradish, ½ tsp dry mustard, 1 bay leaf, ½ clove garlic, 1 tsp dried parsley flakes or 1 tbsp chopped fresh parsley.
- For a meal-in-one dish, cook vegetables along with the meat after meat has simmered for an hour. Add: 6 small onions, 6 medium potatoes cut in halves, 6 medium carrots cut in pieces. If desired add 2 cups turnips cut in cubes, or 3 or 4 sticks of celery cut in large pieces. Cook till meat and vegetables are tender.

Note: Any less tender cut of veal or lamb may be cooked similarly.

beef rolls with onions

1½ lb round steak, ½ inch thick
½ tsp salt
⅛ tsp pepper
¼ tsp oregano
6 small white onions, halved

¼ cup flour
2 tbsp cooking fat or oil
1 can (10 oz) tomatoes
2 tbsp horseradish

Trim fat from meat; cut into 6 serving pieces. With mallet or edge of a saucer, pound meat until thin. Sprinkle salt and pepper on both sides of meat and oregano on top. Place 2 onion halves on each piece of meat and roll up. Tie with string or secure with toothpicks. Roll in flour. Brown rolls in medium-size frying pan. Add tomatoes and horseradish. Simmer, covered, for 1½ to 2 hours or until meat is tender.

Makes 6 servings.

beef loaf

2 lb ground beef
1 small onion, diced
2 tsp salt
½ tsp pepper
¼ cup dry bread crumbs
or ½ cup soft bread crumbs

¾ cup milk
1 egg
2 tbsp chopped parsley
(optional)

Combine all ingredients. Press into a greased loaf pan, 9 x 5 x 3 inches. Bake in a moderate oven, 350°F, about one hour. Let stand a few minutes to absorb any juices. Pour off any excess fat and save for other uses. Serve plain or with gravy, hot mushroom or tomato sauce, or with chili sauce, pickle relish, etc.

Makes 8 or 9 servings.

Variations:

- Use tomato juice, meat stock, or vegetable liquid in place of milk. Or use leftover gravy and water to make one cup liquid.
- Replace part of the salt with seasoned salt.
- In place of parsley, season with ¼ tsp sage, savory, or thyme.
- Make a favorite bread dressing, using about 2 cups soft bread crumbs. Pat half of meat mixture in loaf pan, cover with dressing, then top with remaining meat mixture. Baste 2 or 3 times during cooking using ½ cup tomato juice.

meat and vegetable loaf

**2¼ lb ground meat (beef, or
beef and pork, or beef,
veal, and pork)
½ tsp sage or poultry
seasoning
1½ tsp salt
½ tsp pepper
1 medium onion, diced**

**½ cup soft bread crumbs or
quick-cooking rolled oats
1 egg, slightly beaten
½ cup milk, tomato juice, or
vegetable liquid
1 cup frozen peas (unthawed)
1 cup raw sliced carrots
2½ cups hot mashed potatoes**

Combine all ingredients except potatoes and mix well. Pack in greased loaf pan, 9 x 5 x 3 inches. Bake in a moderate oven, 350°F, 1½ hours. Remove from oven and let stand about 5 minutes. Drain off any liquid and unmold meat loaf on shallow baking dish or ovenproof platter. Frost top and sides with mashed potatoes, brush with soft butter or milk, and brown in a very hot oven, 450°F, about 15 minutes.

Makes 8 to 10 servings. This is a meal in itself, with soup or salad.

Note: For smooth mashed potatoes, boil potatoes, drain, mash well and beat with a little butter and hot milk. Season with salt and pepper. Or use instant mashed potatoes, following directions on the package.

beef loaf cups

**½ cup dry bread crumbs
½ cup milk
¾ lb ground beef
1 egg, slightly beaten**

Piquante Sauce

**3 tbsp brown sugar
4 tbsp catsup or chili sauce**

**2 tbsp diced onion
½ tsp salt
⅛ tsp pepper
¼ tsp sage**

**¼ tsp nutmeg
1 tsp dry mustard**

Soak bread crumbs in milk in large bowl. Add meat, egg, onion, salt, pepper and sage. Mix well. Place in well-greased muffin pans. With fork, press top down to form small cup.

Make Piquante Sauce by mixing remaining ingredients and place on top of meat. Bake in moderate oven, 350°F, for 45 minutes.

Makes 4 servings.

beef patties

1 lb ground beef
1 cup grated raw potato
2 tbsp grated onion

1½ tsp salt
¼ tsp pepper
cooking fat

Thoroughly combine all ingredients and shape into 8 or 10 patties. Fry in a little hot fat over medium heat, turning when bottom sides are browned. Continue cooking about 10 minutes, or preheat broiler and place on greased broiler rack so that tops of patties are about 3 inches from heat. Broil 15 to 20 minutes, turning patties after 10 minutes or when browned. Patties may be brushed with butter before broiling if desired.

Makes 4 to 5 servings.

quick meat stew

2 cups diced cooked meat
(beef, pork, or veal)
2 tbsp cooking fat
2 tbsp flour

1 can (10 oz) vegetable soup
½ can water
½ tsp salt

Brown meat in heated fat, add flour and stir until slightly browned. Add soup, water and salt, stir and cook until thickened. Cook 1 minute longer. Serve on hot toast, biscuits, mashed potatoes, or cooked rice.

Makes 4 servings.

beef and kidney pie

1 to 1½ lb round or chuck steak,
or boneless stewing beef
1 beef kidney (about ¾ lb)
1 onion, diced
2 tbsp cooking fat

½ cup flour
2 tsp salt
⅛ tsp pepper
3 cups hot water
pastry or biscuit dough

Cut beef in 1-inch cubes. Split kidney in half, remove fat, tubes and any membrane. Wash, or soak for an hour in salted water (1 tbsp salt to 4 cups water). Cut in bite-size pieces. Cook onion lightly in fat; roll meat in flour seasoned with the salt and pepper and brown. Add water, cover and simmer slowly 1½ to 2 hours or until meat is tender. Place in greased 1½-qt casserole and cover with pastry rolled ⅛ inch thick, or biscuit dough rolled ¼ inch thick. Cut slits to allow steam to escape. Bake in a hot oven, 400°F, 25 to 30 minutes, until crust is browned.

Makes 6 to 8 servings.

pork and parsnip ragoût

1 lb lean fresh pork (boneless)
1 medium onion, diced
2½ cups vegetable stock or water
1 tsp salt

⅛ tsp pepper
3 cups diced parsnips
2tbsp flour
3 tbsp chopped parsley

Cut pork in 1-inch cubes and brown in a little of the pork fat trimmed from the meat. Add onion last 3 minutes. Add water and cook gently until meat is almost tender, about 50 minutes. Add salt, pepper, and parsnip cubes. Continue cooking until parsnips are tender, 8 to 10 minutes. Blend flour with ¼ cup cold water and stir into boiling mixture, cooking until thickened. Serve in heated bowl. Sprinkle parsley over top.

Makes 5 to 6 servings.

pork liver creole

½ lb pork liver, sliced
2 tbsp flour seasoned with salt and pepper
1 small onion, sliced
2 tbsp cooking fat

2 cups cooked or canned tomatoes
½ tsp salt
1 pkg (12 oz) frozen lima beans, cooked, or 1 can (14 oz) limas

Roll liver slices in seasoned flour. Brown in heated fat, adding onion in the last 2 or 3 minutes. Add tomatoes and salt. Cover and let simmer 20 to 30 minutes or until liver is tender. Serve over hot, drained limas.

Makes 4 servings.

braised pork liver with vegetables

1 lb pork liver, sliced ½ inch thick
¼ cup flour, seasoned with salt and pepper
1 onion, diced
4 tbsp cooking fat

2 raw carrots, diced
6 raw potatoes, sliced ¼ inch thick
1 cup tomato juice
1 cup boiling water or vegetable stock

Cut liver in 1-inch squares. Roll in seasoned flour. Heat fat in skillet and brown liver over medium heat. Turn pieces and add onion to brown lightly. Add carrots, potatoes, tomato juice and water. Cover and simmer gently for 1 hour, adding additional water if necessary. Thicken gravy if desired.

Makes 6 servings.

jellied pork hocks

4 pork hocks (about 3 lb)
1 large onion, sliced
1 clove garlic, cut
1½ tsp salt

2 bay leaves
4 peppercorns
6 whole cloves
2 tbsp vinegar

In a large saucepan, cover pork hocks with water (about 6 cups). Bring to the boiling point and simmer, covered, for 1½ hours. Add onion, seasonings and vinegar; simmer for another ½ hour or until meat falls off the bones. Remove meat from stock and let cool. Strain stock through a sieve, return to saucepan and boil until liquid is reduced to half the original volume (about 3 cups). Season to taste with salt, pepper and, if necessary, additional vinegar or lemon juice. Remove the skin and bones from the meat and chop meat finely. For each cup meat use ¾ to 1 cup of stock; combine. Pour into 8 x 4 x 3-inch loaf pan. Refrigerate until jellied. Turn out and slice.

Makes about 8 servings.

sausage patties

1 lb pork sausage meat
1 slice bread, crumbled
1 egg
1 medium apple, grated

¾ tsp salt
flour
cooking fat

Thoroughly combine ingredients, except flour and fat. Shape into patties ½ inch thick; dip in flour. Place patties in heated frypan in a little hot fat. Brown lightly over moderate heat 1 to 2 minutes on each side. Cover and cook slowly over low heat 8 to 10 minutes each side.

Makes 5 to 6 servings.

wonder wieners

¼ cup finely chopped onion
¼ cup finely chopped celery
3 tbsp cooking fat
1 can (10 oz) condensed tomato soup
2 tbsp brown sugar

½ tsp garlic juice or garlic salt
2 tbsp Worcestershire sauce
2 tbsp lemon juice or vinegar
2 tsp prepared mustard
1 lb (about 10) wieners

Lightly brown onion and celery in fat in frypan. Stir in remaining sauce ingredients. Simmer for a few minutes. Add wieners, cover and simmer 20 minutes.

Makes 4 to 5 servings.

braised lamb with mixed vegetables

**1½ lb lean stewing lamb,
boneless, or
3 to 3½ lb, bone-in
1 onion, sliced
1 green pepper, sliced
(optional)
1 cup water**

**2 stalks celery with leaves,
chopped
1 bay leaf
1 tsp salt
⅛ tsp pepper
1 pkg (11 oz) frozen mixed
vegetables**

If necessary trim bone and excess fat from meat and cut meat in cubes. Heat a little fat cut from the lamb, and brown lamb pieces; add onion and green pepper toward the end of browning and cook until limp. Drain off any surplus fat. Add water, celery and seasonings. Cover tightly and simmer 45 to 50 minutes or until lamb is tender. Add frozen vegetables and cook 8 to 10 minutes. Serve with hot, mashed potatoes. Meat from lamb-in-a-basket may be used.

Makes 4 to 6 servings.

veal paprika

**1½ lb boneless stewing veal
2 tbsp cooking fat
1 clove garlic, finely chopped
(optional)**

**½ cup water
1 tsp salt
2 tsp paprika
1 cup dairy sour cream**

Trim meat and cut in 1-inch pieces. Heat fat and cook meat with garlic until lightly browned. Add water and salt, cover tightly and simmer gently until veal is quite tender, 1 to 1¼ hours. Add paprika. When ready to serve, add sour cream. Heat through but not boil. Serve with hot rice or macaroni or noodles, and crisp salad greens.

Makes 5 servings.

crispy liver strips

**1 lb liver
½ cup flour, mixed with
1 tsp salt and
¼ tsp pepper**

**3 tbsp butter
½ cup boiling water
4 or 5 green onions,
finely sliced**

Cut liver in thin strips; sprinkle with flour mixture and toss to coat well. Melt butter and quickly brown liver on all sides. Reduce heat, add boiling water and simmer for about five minutes; stir gently until all liquid is absorbed. Add onion and serve at once.

Makes 4 to 5 servings.

braised stuffed heart

1 beef heart (2 to 4 lb)

Dressing

1 tbsp diced onion

3 tbsp cooking fat

2 cups soft bread crumbs

½ tsp salt

⅛ tsp pepper

1 tsp poultry seasoning or sage

1 tbsp chopped parsley
(optional)

Wash heart and unless trimmed when purchased cut off coarse fibers, tubes and excess fat. Lightly brown onion in cooking fat and combine with remaining ingredients for dressing. Stuff heart and fasten with skewers; tie securely with string. Brown heart on all sides in a little hot cooking fat. Place in baking pan or roaster and add about ½ cup water. Cook covered, in moderately slow oven, 325°F, for 2 to 3 hours or until tender. Add more water if necessary. If desired, make gravy with pan drippings.

Makes 6 to 8 servings.

heart chop suey

2 veal hearts or

3 pork hearts

2 tbsp flour

¼ cup cooking fat

4 medium onions, sliced

1 stalk celery, diced

2 cups meat stock or

2 cups hot water with

2 chicken bouillon cubes

½ tsp salt

⅛ tsp pepper

2 tbsp Worcestershire sauce

Split hearts, trim out any arteries or veins and wash in warm water. Drain. Cut hearts in narrow strips and roll in flour; brown lightly in heated fat in heavy skillet or Dutch oven. Add onions and fry lightly. Add celery and stock or bouillon and cook, covered, at simmering temperature until meat is tender, 2 to 2½ hours. Add seasonings adjusting if necessary to suit taste. Serve over hot rice or macaroni or with boiled or mashed potatoes.

Makes 5 to 6 servings.

tongue and noodle casserole

1 fresh calf tongue (about 1 lb)
prepared as directed
1 small onion, finely chopped
2 tbsp finely chopped celery
or green pepper
2 tbsp butter or cooking oil

1/8 tsp curry powder
1 tsp salt
1 can (10 oz) condensed cream of
chicken soup
2 cups cooked noodles (4 oz uncooked)
3/4 cup shredded cheddar cheese

To cook fresh tongue: Add 1 tbsp salt, 1 small sliced onion, a few whole black peppers and a bay leaf. Cover the tongue with cold water. Cook, covered, until boiling, reduce heat and simmer until fork tender, about 1½ hours. Remove tongue from water. Cool slightly. Slit skin at thick end and carefully peel off. Cut tongue into bite-size pieces. There should be about 2 cups.

Panfry chopped onion and celery or green pepper in the butter. Combine with the cut-up tongue, curry powder, salt, soup, cooked noodles and ½ cup cheese. Turn into a 1½-qt greased casserole. Top with remaining cheese. Bake at 350°F for 30 minutes or until bubbly.

Makes 4 to 6 servings.

luncheon scallop

1 can (12 oz) luncheon meat
1 medium cauliflower
4 tbsp butter
4 tbsp flour
1/2 tsp salt

1/8 tsp pepper
2 cups milk
2 tbsp chopped pimiento (optional)
4 tbsp buttered coarse bread crumbs

Cut luncheon meat into cubes. Cut cauliflower into flowerets and cook in boiling salted water until crisp-tender. Melt butter, blend with flour and seasonings. Add milk gradually and cook over low heat, stirring until mixture thickens. Add pimiento to sauce. In greased 1-qt baking dish place cauliflower, luncheon meat and sauce in alternate layers, ending with a layer of sauce. Cover with bread crumbs. Bake at 350°F for about 20 minutes, or until it is hot and bubbly and top nicely browned.

Makes 4 to 5 servings.

barbecued bologna roll

1 can (10 oz) condensed tomato soup
½ cup water
½ tsp chili powder
1 tsp dry mustard
1 tsp sugar

¼ tsp salt
¼ tsp pepper
1 lb unsliced large bologna
1 large mild onion, very
thinly sliced

Combine all ingredients except bologna and onion in a medium saucepan. Bring to boil; reduce heat and simmer, stirring occasionally, for 10 to 15 minutes to blend flavors. Make evenly spaced crosswise cuts about ½ inch apart, almost through bologna. Put a thin slice of onion in each cut and place in baking dish. Pour sauce over roll. Bake at 350°F for about 50 minutes or until meat is thoroughly heated, basting often with sauce.

Makes 4 to 6 servings.

poultry



Chicken and turkey are available all year round, fresh or frozen, whole or cut in halves or serving pieces. They are often cheaper per serving than many cuts of meat and may be cooked in several ways.

To Prepare Poultry for Cooking

Most purchased poultry is "Oven Ready" or "Ready-to-Cook". If frozen, thaw in the refrigerator or in cold water in its original wrapping or slit wrapping up the back, place bird on rack on a pan and thaw at room temperature. Allow approximately 5 hours per pound in refrigerator, $\frac{1}{2}$ hour per pound in cold running water and $1\frac{1}{2}$ hours per pound at room temperature. Remove the small package of giblets and neck from the body cavity, trim, wash, cut and use to make gravy. Pluck out any pinfeathers and singe bird if necessary to remove hairs. Examine body cavity to make sure all bits of windpipe, lung, etc, have been removed. Wash inside and out well and drain or pat dry.

To Roast Poultry

Sprinkle inside with salt, stuff loosely with a favorite dressing, and close opening with skewers. Fold neck skin back and fasten with skewer. Fold wing tips across the back. Tie legs to tail, bring string up and over wing tips and fasten securely to neck skewer.

Place breast side up on rack in open pan; brush with butter. Repeat 2 or 3 times during cooking. Roast at 325°F until done. If bird browns too quickly, cover loosely with a tent of foil.

APPROXIMATE ROASTING TIMES AT 325°F

	<i>Pounds</i>	<i>Hours*</i>	<i>Internal Temperature °F</i>
Chicken	3—4	2¼—3	190
Capon	5—8	3—4	190
Duck	3½—5	2½—3	
Goose	9—12	3½—5	
Whole turkey**	8	3¾—4½	185
	12	4¾—5½	185
	16	5¼—6	185
	20	5¾—6½	185
	24	6¼—7	185
Turkey halves	4	2½—3	185
	8	4—4½	185
	12	4½—5	185
Turkey quarters	4	3—3½	185
	6	3½—4	185
Turkey rolls	3	2½—3	180
	5	3—3½	180
	7	3½—4	180

* The leg joints of a fully cooked bird will move easily and the flesh on the leg will feel soft when pressed.

** Both stuffed and unstuffed turkeys require the same cooking time. If using a meat thermometer, roast stuffed turkey to 165° in stuffing and unstuffed turkey to 185°F in thigh.

To Broil-bake Chicken Pieces

Preheat oven or broiler, but not broiler pan. Place halves, quarters or cut pieces of chicken on greased pan, skin-side down, and brush with melted butter, oil or basting sauce. Season with salt and pepper. Place rack 6 to 8 inches from broiler. Leave door open or closed, according to directions for your range.

Broil for about 10 minutes to brown chicken. Turn and brush with butter, oil or sauce; broil until skin browns, for about 5 minutes. Set oven control at 325°F and bake until chicken is tender, 20 to 25 minutes. Total cooking time will vary slightly with size of chicken pieces.

To Braise Chicken or Fowl

Cut in serving pieces, removing any excess fat. Coat with seasoned flour and brown in a little hot fat (use chicken fat if available). Add 1½ to 2 cups water (with a chicken bouillon cube if desired), cover, bring to a boil and reduce heat. Simmer gently until tender — 2 to 3 hours for fowl, 45 to 60 minutes for young chicken. Add more water during the cooking if necessary. After browning, pieces may be cooked in a covered baking dish in a moderate oven (325°F).

To Panfry Chicken

Coat pieces with seasoned flour or fine crumbs and place in hot fat ($\frac{1}{8}$ to $\frac{1}{4}$ inches deep) in a heavy frying pan. Cook 15 to 20 minutes, turning frequently until pieces are lightly and evenly browned. Cover pan tightly, reduce heat and cook 20 to 30 minutes longer or until pieces are fork-tender. Remove cover for last 8 to 10 minutes if crisp coating is preferred.

To Stew Fowl or Chicken

This moist heat method is recommended for mature, less tender birds. Prepare fowl for cooking, cut into serving pieces or leave whole and place in a tightly covered, heavy saucepan or Dutch oven. Allow about 1 cup of water for each pound of fowl and add seasonings to taste. Water should barely cover the pieces. Cover closely. Bring to a boil, reduce heat and simmer slowly until tender — about $2\frac{1}{2}$ hours for fowl or one hour for young chicken.

Allow to cool in the cooking liquid, then separate chicken from stock. Strain stock, skim off fat, and save both. Chill. Use stock for soup, gravy, or sauce. Use fat in making chicken pie, à la king, or other chicken combinations, and for frying or basting chicken. Meat may be separated from bones and skin, refrigerated, and used in salads, sandwiches, casserole combinations, creamed in patty shells or on toast.

chicken and dumplings

$4\frac{1}{2}$ to 5 lb fowl

3 cups water (approx)

2 tsp salt

1 medium onion, sliced

**3 or 4 celery leaves or 1 or 2
outer stalks celery**

$\frac{1}{4}$ cup flour

$\frac{1}{2}$ cup water

dumplings (recipe page 66)

Cut fowl in serving pieces. Place in large, heavy saucepan or Dutch oven with water, salt, onion, celery. Water should barely cover chicken. Cover tightly, bring to boil, then simmer gently until dark meat is fork-tender, $2\frac{1}{2}$ to 3 hours. Remove chicken pieces from broth and keep warm. Strain broth; skim off surplus fat. Measure broth, add water if necessary to make 3 cups. Return to saucepan and heat. Mix flour with water to make smooth paste. Stir into hot broth and cook, stirring, until thickened. Taste and adjust seasoning with salt and pepper. Add chicken pieces and keep simmering while making dumplings. Drop dumpling dough from tablespoon on top of chicken pieces. Immediately cover tightly and cook gently without removing cover, 12 to 15 minutes. Serve as soon as dumplings are done.

Makes 6 to 8 servings.

Variations:

- Cook chicken with the addition of 1 bay leaf.
- Potatoes or carrots cut in pieces may be added toward end of cooking period. Allow only enough time for them to cook tender. Or cook vegetables separately and add to thickened stew.
- In place of dumplings, serve chicken stew on hot platter surrounded with hot tea biscuits.

oven-fried chicken

Prepare chicken pieces with seasoned flour as for panfried chicken. Heat cooking fat or oil, enough to form a thin layer in a shallow baking pan. Add chicken and turn to coat the pieces. Arrange pieces in pan in one layer, skin side down. Bake in a moderate oven, 350°F, about 30 minutes. Turn chicken and bake 20 to 30 minutes longer or until chicken is tender.

chicken in barbecue sauce

1 chicken (2½ to 3 lb)
seasoned flour (½ cup flour,
1½ tsp salt, ⅛ tsp pepper)

⅓ cup cooking fat or oil
barbecue sauce
(recipe page 52)

Cut chicken in serving pieces. Roll in seasoned flour. Heat the fat and brown chicken pieces on all sides over moderate heat, about 20 minutes. If pan is not oven-proof, transfer chicken to shallow baking pan. Pour barbecue sauce over chicken, cover with lid or metal foil and bake in a slow oven, 325°F, about 45 minutes or until meat is tender. To crisp top of chicken, place under broiler for a few minutes, but avoid scorching.

chicken à la king

2½ cups chicken broth
½ cup milk or evaporated milk
½ cup flour
salt and pepper
½ to 1 tsp curry powder
(optional)
¼ cup chopped green pepper

2 tbsp chopped pimiento or
2 tbsp drained stuffed
olives, sliced (optional)
2 cups diced cooked chicken
½ cup drained canned
mushrooms (optional)

Bring 2 cups chicken broth to boiling. Blend ½ cup cold broth and the milk with the flour and seasonings to make a smooth paste. Stir gradually into hot broth and cook, stirring until smooth and thickened. Add remaining ingredients and heat thoroughly. Taste and adjust seasonings. Keep hot over hot water if not served at once. Serve on toast, between split hot tea biscuits, or in patty shells.

Makes 5 to 6 servings.

For quick Chicken à la king: heat together 1 can cream of mushroom soup, ½ cup milk, 2 cups cooked, diced chicken, 2 tbsp chopped green pepper or pimiento, 1 cup cooked or canned peas.

Note: Use cooked turkey for Turkey à la king.

panfried chicken with milk gravy

1 chicken (2½ to 3 lb)
cut in serving pieces
½ cup flour
1½ tsp salt

⅛ tsp pepper
¼ tsp curry powder (optional) or
½ tsp paprika (optional)
cooking fat or oil

Shake chicken pieces in paper or plastic bag with flour, salt, pepper, and curry or paprika, if used. Heat cooking fat or oil in heavy frypan. (Melted fat should be ⅛ to ¼ inch deep in pan.) Place the thickest pieces in the fat first, then the less meaty pieces; as the chicken cooks turn once or twice to brown, 15 to 20 minutes. Do not crowd chicken. Cover pan tightly and cook slowly 15 to 20 minutes. If cover of pan does not fit tightly add 2 to 3 tbsp water to provide some moist heat. Uncover pan; increase heat and cook, skin side up, until chicken is tender and skin is crisp, about 10 minutes. Remove chicken and keep warm.

Makes 4 to 5 servings, depending on size of chicken.

To make milk gravy: For each cup of gravy leave 2 tbsp fat in pan. (Leave crusty brown bits in pan.) Add 2 tbsp flour. Blend and brown over very low heat. Remove from heat; add 1 cup cold milk. Return to low heat and cook, stirring until smooth and thickened. Season with salt and pepper.

company chicken rolls

6 chicken half-breasts
2 to 3 cups bread stuffing
1 tsp salt

⅛ tsp pepper
½ tsp paprika
¼ cup melted butter

Remove bones from chicken. Place stuffing on boned meat. Fold meat over and fasten with skewers. Sprinkle with salt, pepper and paprika. Arrange rolls in greased shallow baking pan and pour melted butter over them. Bake until tender at 350°F for about 1 hour. Turn and baste the rolls after 30 minutes.

Makes 6 servings.

turkey scallop

2 to 3 cups cooked rice
(brown or white)
1 cup medium white sauce or
1 can (10 oz) condensed
cream of chicken soup
1 to 1½ tsp curry powder,
or to taste

salt and pepper
1½ cups cubed cooked turkey
½ cup canned diced peaches
crushed potato chips,
crumbled cereal flakes, or
buttered bread crumbs

Line bottom and sides of buttered 1-qt casserole with hot cooked rice. Make white sauce or heat soup (undiluted). Add seasonings to taste; add turkey and peaches. Heat together and pour into rice-lined casserole. Top with one of suggested toppings. Bake in moderate oven, 375°F, for 15 to 20 minutes.

Makes 4 servings.

poultry stuffing

¼ cup minced onion
1 cup diced celery
2 tbs cooking fat or butter
4 cups bread cubes, firmly packed

1 tsp salt
¼ tsp pepper
½ tsp dried sage, poultry seasoning, or thyme
broth or water

Cook onion and celery in fat at low temperature until softened but not browned; stir occasionally. To bread cubes add seasonings. Combine with onion mixture. Add liquid to moisten slightly. Allow about ¾ cup stuffing for each pound of bird to be roasted.

Makes 4½ cups.

paté spread

Cover chicken or turkey livers with water. Add onion slices, carrot slices, celery leaves, garlic powder, salt and pepper. Simmer until fork tender — about 10 minutes for chicken livers and a little longer for turkey livers. Drain. Mash livers with fork, press through sieve (or chop coarsely and blend in blender); moisten to spreading consistency with butter, cream or mayonnaise. Season to taste with salt, pepper, catsup, chili sauce or Worcestershire sauce. Spread on crackers or use as a base for open face sandwiches.

poultry giblets

Cover giblets with cold water, heat to boiling and simmer until tender — 1 hour or more for heart, gizzard and neck; about 20 minutes for liver. Drain and save stock. Cooked giblets (heart, gizzard, liver) and meat from neck of bird may be chopped and used in stuffing for roast poultry or added with stock to gravy.

fish



Fish provides good quality protein, is easily prepared, quickly cooked, and available in several forms.

Fresh fish is perishable, should be kept refrigerated and used promptly. Frozen fish for most cooking methods may be cooked without thawing. Thawed frozen fish should not be refrozen. Smoked fish is kept refrigerated and should be used promptly. Dried and canned fish will keep without refrigeration.

Amount to buy	Servings per pound
Whole (as caught or drawn)	1
Dressed (drawn, scaled, head, tail and fins removed)	2
Steaks	2 to 3
Fillets	3

Fish may be baked, broiled, fried, boiled, steamed, or poached. Unlike meat, fish has little connective tissue so it may be cooked at high temperature for a relatively short time. A general time guide is 10 minutes for each inch of thickness at high temperature (oven at 450°F) for fresh fish; 20 minutes per inch for frozen fish; or follow package directions. Fish is done when the flesh becomes opaque and flakes easily.

onion-topped fish fillets

**2 or 3 medium onions, sliced
very thin**
¼ cup butter or bacon drippings
½ tsp salt
4 fish fillets, fresh or frozen
(about 1 lb)

salt and pepper
pinch of basil or thyme
(optional)
½ cup buttered bread crumbs

Cook onion in fat until just transparent. Sprinkle with salt. In shallow greased baking dish arrange fish fillets (thaw frozen fillets enough to separate pieces); sprinkle with salt and pepper, basil or thyme. Cover with onion slices and top with buttered crumbs. Bake in a hot oven, 400°F, for 12 to 15 minutes until fish is cooked.

Makes 4 servings.

fillets with crispy cheese topping

2 lb fish fillets
½ tsp salt
¼ tsp pepper
3 cups soft bread cubes
1 cup chopped onion

⅓ cup butter, melted
1 tsp dry mustard
1 cup grated cheddar cheese
¼ cup chopped parsley (optional)

Thaw fillets if frozen. Season with salt and pepper. Place in a single layer in a shallow, greased baking dish. Toast bread cubes lightly in a slow oven. Cook onion in butter until tender but not browned. Stir in mustard. Combine toasted bread cubes with onion mixture. Add cheese and parsley. Toss gently to mix. Spread over fillets. Bake in moderate oven, 350°F, for 20 to 25 minutes or until fish is cooked.

Makes 6 servings.

fillet bubbly bake

1 lb frozen fish fillets
1 can (10 oz) condensed cream
of mushroom soup

2 tbsp finely chopped onion
1 tbsp lemon juice
½ cup shredded cheese

Partially thaw fillets and then divide into 3 or 4 equal portions. Place in shallow, greased baking dish. Combine mushroom soup, onion and lemon juice. Spoon over fillets. Top with shredded cheese. Bake in hot oven, 450°F, until fish is cooked, about 30 minutes.

Makes 3 to 4 servings.

crispy fried smelt

**2 lb pan-dressed smelt,
fresh or frozen**
1 egg beaten
2 tbsp milk
1 tsp salt

½ cup flour
**½ cup fine, dry bread crumbs
or finely crushed crackers**
vegetable oil

Thaw smelts if frozen. Rinse and drain. If desired, remove backbones. Combine egg, milk and salt. Dip smelts in flour, then in egg mixture, and roll in crumbs. Panfry in hot vegetable oil about ¼ inch deep. Allow about 3 to 4 minutes on each side.

Makes 6 servings.

sardine pizzaburgers

3 cans (3¼ oz each) sardines
4 hamburger buns
butter
½ cup catsup

1 tbsp finely chopped onion
½ tsp oregano
few grains garlic powder (optional)
½ cup grated cheddar cheese

Drain sardines and cut into bite-size pieces. Split buns and spread each half with butter. Place buns, buttered side up, on a baking sheet. Arrange sardines on top. Combine catsup, onion, oregano and garlic powder. Spoon sauce over sardines and sprinkle with cheese. Bake in hot oven, 450°F, for 8 to 10 minutes or until cheese melts. Serve hot.

Makes 8 snacks.

fish cakes

1 can (14 oz) mackerel, well drained
¼ tsp salt
⅛ tsp pepper
⅓ cup diced celery
2 tbsp finely chopped onion

1 tsp Worcestershire sauce
1 egg, slightly beaten
½ cup finely crushed cracker crumbs
½ cup fine, dry bread crumbs
1 egg, beaten with 2 tbsp water
cooking fat

Flake mackerel. In a medium bowl, mix salt, pepper, celery, onion, Worcestershire sauce, slightly beaten egg, cracker crumbs and mackerel. Shape into patties and roll alternately in bread crumbs and egg mixture until evenly coated. Refrigerate for about 10 minutes to set. Fry in fat, turning to brown on both sides for about 15 minutes.

Makes 8 patties.

Note: Salmon may be used instead of mackerel.

tuna french toastwiches

1 can (6½ oz) flaked tuna
3 tbsp salad dressing
2 tbsp finely chopped onion
1 or 2 tbsp chopped parsley,
celery or pickle relish

½ tsp salt
⅛ tsp pepper
8 slices buttered sandwich bread
2 eggs, beaten
⅔ cup milk

Combine flaked tuna with salad dressing, onion, parsley, salt and pepper. Spread filling on 4 slices bread and top with other slices. If desired wrap and refrigerate until just before mealtime. Combine beaten egg and milk in shallow dish. Dip sandwiches quickly into this mixture and brown slowly on both sides in greased heated frypan or electric frypan set at 300°F. Serve for lunch or supper with crisp salad.

Makes 4 sandwiches.

French toastwiches may be made with other fillings such as chopped hard-cooked eggs combined with salad dressing and seasonings; cheese slices; ham, luncheon meat, bologna, or liverwurst slices, etc.

For French toast, dip bread slices in egg-milk mixture and brown on both sides in hot greased frypan. Serve with jam, syrup or cinnamon-sugar mixture. Good for breakfast with bacon or sausage.

main dish combinations



One-dish meals or casserole combinations are becoming more and more popular for family meals as well as for today's informal entertaining. In their simplest form these main dish combinations are mixtures of meat or eggs or cheese or other good protein food, a vegetable or cereal, and a sauce to blend them together. There are hundreds of variations on this basic theme, from the simple and popular macaroni and cheese or pork and beans to exotic concoctions of sea foods, gourmet sauces, and subtle seasonings.

One-dish meals may require very little or quite a lot of preparation, but this can be done in advance and from then until dinner is served they need little attention. Most will even stand up well if dinner is delayed.

The cost is as flexible as the budget demands — a small amount of meat can be stretched most appetizingly by combining it with less costly foods and tying them all together with a cleverly seasoned sauce. This is good nutrition practice as well; a little animal protein added to the less complete cereal proteins gives the cereals better food value than when served alone.

Small bits of leftover vegetable, gravy, meat, soup, properly refrigerated (or frozen) may be just the touch of color or flavor needed to complete a casserole mixture, and this is an excellent way to avoid wasting good food. Dry bread, dried even more in a slow oven, then rolled into crumbs, makes a crispy, brown topping for casseroles when mixed with butter.

Combination dishes can make or break the cook's reputation. Simple combinations, carefully chosen and prepared, expertly seasoned, attractively served, will bring requests for more — or for the recipe — and many a time will solve the problem of what to have for supper.

macaroni and hamburger casserole

2 cups (8 oz) macaroni pieces
1 large onion, diced
½ lb hamburger
2 cups canned tomatoes

1 tsp salt
⅓ tsp pepper
buttered crumbs or
crushed potato chips

Cook macaroni in 6 to 8 cups boiling water and 2 tsp salt for 12 to 15 minutes. Drain and rinse with cold water. In lightly greased frypan brown the hamburger, push to side of pan and cook onion until transparent. Add remaining ingredients except buttered crumbs and pour into 1½ -qt casserole. Sprinkle with buttered crumbs. Bake in a moderate oven, 350°F, for 35 to 40 minutes.

Makes 5 to 6 servings.

Variations:

For a heartier dish use 1 lb hamburger. For variety in flavor add ½ tbsp Worcestershire sauce, 2 tbsp catsup or tomato paste.

cabbage rolls

About 12 large cabbage leaves
1 lb ground lamb or beef
(raw or cooked)
2 medium onions, diced
1 cup uncooked rice

1½ tsp salt
⅓ tsp pepper
2 cups canned tomatoes or juice,
water, or meat stock

Drop cabbage leaves in boiling salted water, cook 2 or 3 minutes or until leaves are limp enough to roll. Combine meat, onions, rice, and seasonings; mix well. On each cabbage leaf place some of the meat mixture and roll leaf over filling. Turn ends under to secure each roll. Place filled leaves in greased baking pan or casserole; add tomatoes and sufficient water or stock to barely cover rolls. Cover and cook in slow oven, 325°F, 1½ to 2 hours.

Makes 6 servings.

Variations:

- For a meatier dish reduce rice to ½ cup.
- Season meat mixture with 1 teaspoon Worcestershire sauce or ¼ teaspoon oregano, marjoram, or basil.
- Add 1 bay leaf with the cooking liquid. Remove before serving.

chili con carne

1 medium onion, chopped
½ lb ground beef
1 tbsp cooking fat
1 tsp Worcestershire sauce
1 to 2 tsp chili powder

1 can (14 oz) kidney beans
or 2 to 3 cups home-cooked
kidney beans
1 tsp salt
1 can (19 oz) tomatoes
(about 2 cups)

Brown onion and beef in fat. Add remaining ingredients, cover saucepan and cook gently for 30 minutes. Uncover and simmer until mixture thickens to serving consistency.

Makes 4 servings.

Chili may be made a day ahead and reheated. Or make a quantity and freeze in family size airtight containers.

easy meat pie

1½ cups cubed cooked meat
1 pkg (11 oz) frozen peas
and carrots

Biscuit topping

1 cup sifted pastry flour
2 tsp baking powder
¼ tsp salt

1 can (10 oz) cream of
mushroom, chicken or celery soup

2 tbsp shortening
½ cup grated cheddar cheese
⅓ cup milk

In greased 1½-qt casserole place layers of frozen vegetables and meat. Spread soup over; rinse can with 2 tbsp water and add. Cover casserole and bake in a moderate oven, 375°F, for 45 minutes or until vegetables are almost cooked. Meanwhile sift together flour, baking powder, and salt. Cut in shortening until mixture resembles coarse crumbs. Stir in cheese. Add milk and mix lightly with a fork to form a dough. Roll ⅓ to ½ inch thick and cut in 2 inch rounds. Increase oven temperature to 425°F. Place biscuits on hot casserole mixture and bake for 15 to 20 minutes or until biscuits are cooked and lightly browned.

Makes 6 servings.

oven-cooked rice

An easy way to cook rice; serve with curries, Chinese dishes, as a meat accompaniment, or in any recipe which calls for cooked rice.

1 cup regular or converted rice

1 tsp salt

2 cups boiling water

Combine rice, water, and salt in 1½-qt casserole. Cover and bake in moderate oven, 350°F, for about 35 minutes. Water should be absorbed and a grain of rice feel soft when pressed with the fingers.

Makes 3 to 4 cups cooked rice.

Note: If desired, chicken or beef broth, stock or bouillon may be used in place of water. If necessary, reduce salt.

savory noodles and ham

**3 oz noodles (about 1¼ cups
broken noodles)**

**½ small green pepper,
coarsely diced**

1½ tbsp cooking fat

1½ tbsp flour

2 cups cooked or canned tomatoes

or 2½ cups raw tomatoes, chopped

**1 tbsp finely chopped
parsley (optional)**

**1 cup leftover cooked ham,
smoked shoulder or cottage
roll, cut into slivers**

¼ tsp salt

½ tsp pepper

1 tsp sugar

Cook noodles 10 minutes in 4 cups boiling water with 1 tsp salt. Drain. In frypan (or electric frypan) cook green pepper in fat for 3 minutes. Blend in flour and gradually add tomatoes, stirring until thickened. Add remaining ingredients including noodles. Simmer 10 minutes.

Makes 5 servings.

Note: In place of ham, try leftover cooked, cut-up wieners or chicken.

scalloped eggs and noodles

2 cups cooked noodles (4 oz raw)

1 can (10 oz) cream of celery soup

½ cup milk

½ tsp salt

½ tsp dry mustard (optional)

6 hard-cooked eggs, sliced

**1 to 1½ cups drained canned peas
or cooked frozen peas**

**¼ cup buttered bread or cracker crumbs
paprika (optional)**

Cook noodles in boiling salted water about 8 minutes. Drain and return to saucepan. Combine soup, milk, salt and mustard. Add to noodles and stir together gently. In greased 1½-qt casserole place a layer of noodle mixture, then a layer of egg slices, then one of peas; repeat, ending with layer of noodles on top. Top with crumbs. If desired, sprinkle with paprika. Bake in a moderate oven, 375°F, until bubbly and browned on top, about 40 minutes.

Makes 4 to 5 servings.

thrifty omelet

1½ cups soft bread crumbs
1½ cups milk
¼ cup grated cheese (optional)
6 eggs, separated

½ tsp salt
few grains pepper
1 tbsp butter or cooking oil

Combine bread crumbs and milk and let stand for a few minutes. Add cheese. Beat egg whites until stiff but not dry. Set aside. Beat egg yolks with same beater, add salt and pepper and combine with bread mixture. Fold in beaten egg whites. Heat butter or oil in frypan and pour in egg mixture. Cover. Cook slowly until firm (275°F in electric frypan) for about 20 minutes. To fold omelet loosen edges and make a cut across the top. Fold over onto heated platter.

Makes 6 servings.

Note: If desired this mixture may be made as scrambled eggs. To bread-milk mixture add cheese, beaten eggs (not separated), salt and pepper. Turn into heated, oiled frypan and cook over low heat, stirring gently until mixture thickens but is still moist. Serve at once.

western omelet

6 eggs
¾ tsp salt
few grains pepper
6 tbsp milk, water, or
tomato juice

½ to ¾ cup chopped cooked ham
or luncheon meat
1 medium onion, chopped
2 tbsp butter or cooking fat

Beat eggs slightly and combine with salt, pepper, liquid, ham and onion. Melt butter in large frypan and pour in the egg mixture. Cook over moderate heat. As the omelet cooks lift edges toward center and tip pan so that the uncooked mixture flows under the cooked portion. Continue cooking until bottom is light brown. Do not stir. *Fold* one-half of the omelet over the other half and serve immediately.

Makes 4 to 6 servings.

To make a Western sandwich: Mix one slightly beaten egg with 1 tbsp water, a slice of cooked crumbled bacon or 1 tbsp chopped ham, 1 tsp chopped onion, salt and pepper. Pour into lightly greased frypan and cook slowly until set and brown on underside. Turn to brown other side. Place between slices of buttered bread or toast.

cheese soufflé

3 tbsp butter
4 tbsp flour
1 cup milk
¼ tsp salt

few grains pepper
3 eggs, separated
1 cup grated cheese

Assemble ingredients and utensils. To make sauce, melt butter in top of double boiler over boiling water. Blend in flour, salt and pepper. Gradually add the milk, stirring constantly until sauce is thickened and smooth. Add the cheese and stir until it is melted, remove double boiler from the heat. Beat egg yolks in a large bowl until well blended. Stir in a little of the hot cheese sauce, blend well, then stir in remaining sauce. Let mixture cool while beating egg whites. Beat egg whites until stiff and shiny. Fold into cheese sauce until no large areas of egg white remain. Turn into ungreased 1½-qt. casserole. For attractive top or crown draw a circle with a spoon about 1 inch in from side of casserole and about 1 inch deep. Set in a pan of hot water and bake in a moderate oven, 350°F, for 1 to 1¼ hours, until knife inserted in center comes out clean. Serve at once.

Makes 4 servings.

Note: To help prevent soufflé from falling too rapidly after removal from the oven, add ⅛ tsp cream of tartar to partially beaten egg whites.

zucchini and bacon quiche

1 small zucchini
6 slices cooked bacon, crumbled
1 cup (4 oz) grated cheese
1 unbaked 9-inch pastry shell

3 eggs beaten
1½ cups milk
½ tsp salt
⅛ tsp pepper
⅛ tsp nutmeg

Wash zucchini and cut into 1-inch slices. Cook in boiling salted water for 5 to 10 minutes until crisp-tender. Mix zucchini with bacon and cheese and sprinkle over pastry shell. Combine beaten eggs with remaining ingredients and pour in pie shell. Bake in hot oven, 425°F, for 10 minutes. Reduce heat to 375°F, and bake until filling is set, about 30 minutes. Cool slightly before serving.

Makes 6 servings.

quick macaroni and cheese

2 cups (8 oz) macaroni pieces
1 can (10 oz) cheese soup

½ soup can milk

Cook macaroni in 6 or 8 cups boiling water and 2 tsp salt for 10 to 12 minutes. Drain and return macaroni to saucepan. Add cheese soup and milk. Stir to combine and heat gently. Serve with grated cheese if desired.

Makes 5 to 6 servings.

macaroni and cheese

2 cups (8 oz) macaroni pieces
4 tbsp butter
4 tbsp flour
1 tsp salt

¼ tsp pepper
⅔ to 1 cup skim milk powder
2 cups water
1½ to 2 cups grated cheese

Add macaroni to 6 or 8 cups boiling water and 2 tsp salt. Cook for 10 to 12 minutes. Drain and return macaroni to saucepan. Meanwhile melt butter, blend in flour, salt and pepper. Add skim milk powder and combine. Gradually add water and cook, stirring constantly over low heat or in double boiler until thickened and smooth. Add cheese to sauce and stir until melted. Pour sauce over drained macaroni and stir gently to combine. Heat.

Makes 5 to 6 servings.

Note: If desired, turn macaroni mixture into greased 1½-qt casserole, top with buttered crumbs or additional cheese, and bake in a moderate oven, 350°F, until bubbly, about 20 minutes. Or, place casserole under broiler heat until crumbs are lightly browned or cheese topping is melted.

cooking dried beans

Wash beans, discarding any imperfect ones. For each cup beans add 3 cups cold water and let soak overnight. Or for quick method, bring beans to the boil with the water, boil 2 minutes, and let soak for an hour. Boil beans gently in the soaking water in covered saucepan until tender, 1 to 1½ hours or longer depending on variety of beans. Add additional water if necessary, since some beans absorb more water than others. Add salt (1 tsp for each cup dried beans) during cooking. When beans are tender, drain. Reserve liquid for use in recipes or add it to vegetables or meat soup.

Cooked beans may be served as a vegetable, dressed with a little butter and seasoned with salt and pepper. Or use in recipes calling for cooked beans. One pound dried white (navy) beans measures a little more than 2 cups. One cup raw beans yields 2½ cups when cooked.

quick baked beans

2 slices bacon
1 medium onion, diced
1 tbsp molasses
2 tbsp catsup
¼ tsp salt

¼ tsp dry mustard
½ tsp Worcestershire sauce
(optional)
2 to 3 cups cooked dried beans

Fry bacon until crisp, remove from pan and reserve for top of casserole. Cook onion in bacon fat until transparent. Add remaining ingredients and heat to boiling. Turn into greased casserole; crumble bacon and sprinkle over top. Bake in moderate oven, 350°F, for 20 to 30 minutes.

Makes 3 to 4 servings.

cheddar bean loaf

**2 to 3 cups cooked dried beans,
drained**
**2 cups (½ lb) grated cheddar
cheese**
1 onion, diced
1 tsp salt

few grains pepper
1 egg, slightly beaten
**2 cups soft bread crumbs from
white or brown loaf**
¼ tsp savory, thyme, or marjoram

Combine ingredients and turn into well-greased 9 x 5 x 3-inch pan or 1½-qt casserole. Bake in a moderate oven, 350°F, for about 20 minutes. (If beans are cold from the refrigerator, bake 35 to 45 minutes.) Serve hot with tomato sauce (recipe, page 51).

economy stew

½ lb (1 cup) dried white beans
2 onions, sliced
6 slices bacon (about ¼ lb), diced
2 tsp salt
⅛ tsp pepper

1 bay leaf
1 can (28 oz) tomatoes (¾ cups)
1½ cups diced raw potatoes
**½ green pepper, diced
(optional)**

Wash beans and soak in 3 cups cold water overnight, or use quick soaking method. Drain off soaking water and reserve to add later, if needed. Brown onions and bacon and add with seasonings and tomatoes to beans. Cook, covered, until beans are almost tender, about 1 hour. Since some varieties of beans absorb more liquid than others, add reserved soaking liquid as required. Add potatoes and green pepper; continue cooking until all ingredients are tender, 15 to 20 minutes.

Makes 6 servings.

quicke bean pie

1 can (12 oz) luncheon meat
1 can (19 oz) baked beans
**¼ cup chopped pickle or
pickle relish**

1 tbsp prepared mustard
**4 oz nippy process cheese,
grated or cut in small cubes**

Cut luncheon meat in thin slices. Arrange around inner edge of 9-inch pie plate, overlapping slices, petal fashion. Combine beans, pickle and mustard, pour into pie plate; sprinkle cheese on top. Bake in a moderate oven, 350°F, 30 minutes or until bubbly.

Makes 4 servings.

soups & sauces



A hearty, homemade soup may be the main dish at lunch or supper. With a salad or sandwich and dessert it makes a popular meal.

Cream soup can supply some of the day's milk requirements. Part of the liquid can be the water saved from cooking vegetables or drained from canned vegetables, and small amounts of leftover vegetables, which might otherwise be wasted, can be added.

Bones and trimmings of meat, simmered in water or vegetable liquid and well seasoned, make good soup "as is" or provide the base for a variety of additions — vegetables, macaroni, rice, barley, bits of leftover meat or gravy.

The dried vegetables — beans, peas, lentils — make hearty, economical soups with good food value.

There are many excellent canned and dried soups on the grocers' shelves. These are quickly prepared and cost no more than some homemade soups. A small amount of homemade soup may be extended by combining with a can of soup.

Some of the canned soups make very good sauces to serve with vegetables, meat or fish, or to use in casserole mixtures. Tomato and cheese soups are popular for this purpose and so are cream of mushroom, celery or chicken.

A smooth, well-seasoned white or cream sauce is used plain or with many variations and additions. It is an important part of casserole dishes, soufflés, creamed mixtures to serve on toast, hot biscuits, or in patty shells. A thin white sauce is the basis for cream soups.

Barbecue sauces have become very popular and there are as many variations as there are people making them.

A small collection of good sauce recipes can turn a plain dish into a special one and make a little food go a long way.

bean soup

1½ cups dried white beans
4 cups cold water
3 cups hot water, meat broth, or
leftover vegetable stock
1 cup finely chopped celery leaves
1 cup diced celery (outside stalks)

2 cups tomato juice
2 tsp salt
few grains pepper
2 tbsp sugar
½ tsp dry mustard

Wash beans and soak overnight in the cold water. Or add the water, bring beans to boil, simmer for 2 minutes and let soak for 1 hour. Add 3 cups hot water, meat broth, or vegetable stock and celery. Cook until beans are tender, about 1 hour. Mash beans. If desired, press through coarse sieve or food mill. Add tomato juice, salt, pepper, sugar, and dry mustard.

Makes 6 to 7 servings.

Note: When available, cook ham bone with the beans. Remove bone, cut off bits of meat and add to the soup.

scotch soup

½ cup quick-cooking rolled oats
6 cups cold water or vegetable stock
3 raw potatoes, diced
2 small onions, sliced
1 tsp sugar
2 tsp salt

1 tbsp cooking fat or
bacon drippings
1 tbsp flour
1 tsp celery salt
1 cup canned tomatoes

Boil rolled oats and water over direct heat for 5 minutes. Add potatoes, onions, sugar, and salt and cook for 30 minutes. Blend together fat, flour and celery salt. Add to soup, stirring until thickened. Add tomatoes and reheat.

Makes 6 servings.

soup from turkey bones

When the meat has been removed from cooked turkey or other fowl, the bones and trimmings will make delicious soup.

Break up the carcass in several pieces; add any stuffing, bits of skin or meat and leftover gravy. Add neck, gizzard and heart if not previously used. Add a carrot, an onion, and a few celery leaves or a stalk or two of celery. Barely cover with cold water, bring to boiling point and simmer for 2½ to 3 hours. Strain. Remove giblets, chop in small pieces and return to broth along with bits of meat from the bones. Taste and adjust seasonings.

If additional flavor is needed, dissolve 1 or 2 chicken bouillon cubes in the hot broth.

italian fish soup

1 lb fish fillets
3 tbsp lemon juice
2 tbsp salad oil
½ cup thinly sliced onion
½ cup sliced carrot
½ cup sliced celery

1 can (19 oz) tomatoes
½ cup noodles, uncooked
4 cups boiling water
1 tbsp salt
¼ tsp pepper
grated Parmesan cheese

Cut fish into serving-size pieces. Sprinkle with lemon juice. Heat oil in deep saucepan. Add onion, carrot and celery. Cover and cook over low heat for 10 minutes. Add tomatoes, noodles, boiling water, salt and pepper. Simmer for 30 minutes. Add fish and simmer 10 minutes longer. To serve, place a piece of fish in each bowl, fill bowl with soup, and sprinkle with Parmesan cheese.

Makes 6 servings.

fish chowder

1 lb fish fillets
2 tbsp butter
¾ cup thinly sliced onion
½ cup diced celery
2 cups diced raw potatoes

½ cup sliced carrots
2 cups boiling water or fish stock
1 tsp salt
⅛ tsp pepper
2 cups milk

Cut fillets into bite-size pieces. Melt fat in large saucepan and cook onion and celery until tender. Add potatoes, carrots, water, salt and pepper. Simmer until vegetables are tender. Add fish and cook 10 minutes longer. Add milk. Reheat but do not boil.

Makes 6 servings.

corn chowder

1½ cups diced raw potatoes,
cut in ½-inch cubes
½ cup boiling water
½ tsp salt
5 strips bacon, cut in ½-inch pieces
½ cup chopped onion

1 tbsp flour
½ tsp salt
1 to 1½ cups skim milk powder
2½ cups cold water
⅛ tsp pepper
1 can (19 oz) cream style corn

Cook potatoes in boiling salted water until barely tender, 8 to 10 minutes. In top of double boiler, fry bacon until crisp. Remove bacon and drain. Lightly cook onion in bacon fat for about 5 minutes. Remove from heat and blend in flour, salt and skim milk powder. Gradually add water and stir until well mixed. Cook and stir over direct heat until mixture comes to the boil. Place over hot water and cook 5 minutes longer, stirring occasionally. Add pepper, potatoes and their liquid, corn and bacon pieces and serve piping hot.

Makes about 6 cups.

lentil soup

1 lb lentils, rinsed
12 cups cold water or stock
1 ham bone or 1 to 2 lb
ham hocks, preferably smoked
2 whole cloves

1 bay leaf
1 cup chopped onion
1 cup chopped celery
1 carrot, diced

Simmer all ingredients, covered, for 1½ to 2 hours until lentils are tender. Remove ham bone, cloves and bay leaf. Season to taste with salt, pepper and and savory. When serving, garnish with chopped ham or thinly sliced wieners. Makes 8 to 10 servings.

borscht

2 cups finely grated beets
½ cup finely grated carrots
1 cup finely chopped onion
2 cups potatoes, cut in chunks
2 cups water
2 cups soup stock or consomme
1 cup tomato juice

½ cup finely shredded cabbage
½ cup finely shredded beet tops or spinach
2 tbsp butter
1 tsp salt
⅛ tsp pepper
1 cup sour cream or yogurt

Cook beets, carrots and onion in boiling water until tender, for 10 to 15 minutes. To keep potatoes white, boil separately. Combine the cooked vegetables, except potatoes, with stock, tomato juice, cabbage, beet tops, butter and seasonings. Simmer for 15 minutes. Just before serving, add the potatoes. Serve with sour cream or yogurt.

Makes 10 cups.

quick cream soups

An equal quantity of milk added to a can of cream soup makes a quick, nourishing, hot dish. Two kinds of soup which go well together may be blended for additional variety. Experiment with different combinations, or try one of these:

1. Combine 1 can tomato soup, 1 can green pea soup with 1 can of milk and 1 can of water. Heat but do not boil. Add a dash of curry powder if desired. Serve hot.

Makes 6 to 8 servings.

2. Combine 1 can cream of celery soup with 1 can chicken noodle soup and 2 cans of milk. Heat but do not boil.

Makes 6 to 8 servings.

white sauce mix

1 cup all-purpose flour
4 cups skim milk powder

4 tsp salt
1 cup butter

Put flour, skim milk powder and salt in bowl and mix well. Add butter and cut in with pastry blender until crumbly throughout. Store in refrigerator in covered glass jar or similar container.

Makes 7 cups.

WHITE SAUCE CHART			
Type of Sauce	Amount of Mix (cup)	Amount of Milk (cup)	Amount of Water (cup)
Thin	$\frac{1}{3}$	1	$\frac{2}{3}$
Medium	$\frac{1}{2}$	1	$\frac{2}{3}$
Thick	1	1	$\frac{2}{3}$

To make sauce, combine desired amount of mix and the milk or water in saucepan. Cook and stir until thickened. Simmer for about 2 minutes longer, stirring frequently.

Makes about 1 cup sauce.

Uses:

- Serve on vegetables such as boiled carrots, onions, cauliflower, celery.
- Combine with cooked diced meat, chicken, fish, or eggs and serve on toast, corn muffins, hot noodles or rice.
- Use as a base for casserole dishes.
- For cheese sauce stir in until melted $\frac{1}{4}$ to $\frac{1}{2}$ cup grated cheese.
- For parsley sauce add 2 to 3 tbsp chopped parsley.
- For mustard sauce stir in 2 tbsp prepared mustard or to taste.
- For egg sauce add 1 or 2 chopped hard-cooked eggs and, if desired, 1 tsp lemon juice.
- For horseradish sauce add 2 tbsp prepared horseradish.

tomato sauce

3 tbsp butter or cooking fat
1 tbsp diced onion
 $\frac{1}{4}$ cup flour

$\frac{1}{2}$ tsp salt
2 cups tomato juice

Melt butter and cook onion until transparent. Blend in flour and salt. Add tomato juice gradually, stirring while cooking until thickened and smooth.

barbecue sauce

2 tbsp brown sugar
1 tbsp paprika
1 tsp salt
1 tsp dry mustard
¼ tsp chili powder
few grains cayenne pepper

2 tbsp Worcestershire sauce
1 cup tomato juice
¼ cup catsup
¼ cup vinegar
½ cup chopped onion
2 tbsp cooking oil

Combine ingredients and cook slowly for 15 minutes. Bottle and store in refrigerator.

Makes 1½ cups.

Note: Use as basting sauce for barbecued meats or serve with baked spareribs, pork chops, wieners, or chicken.

canned soup sauce

Many canned cream soups may be diluted to the desired consistency and used as sauces; for example — tomato, celery, mushroom, cheese, chicken, vegetable.

vegetables & salads



Vegetables are available in some form all year round. They are probably at their best fresh from the garden, cooked only until crisp-tender, and served at once with butter and just the right seasoning. Fortunately, serving vegetables is not limited to the short Canadian garden season. There are canned and frozen ones to fill the gap and permit plenty of variety, at reasonable cost.

Cooking methods vary; some vegetables may be baked, some fried, but boiling is the usual method. For best color and flavor and most food value:

- Prepare vegetables just before cooking.
- Add a *small* amount of *boiling* water.
- When water returns to the boil, reduce heat to maintain a gentle boil.
- Cook, covered, until crisp-tender (the commonest fault is over-cooking).
- Drain, add butter and seasonings, and serve at once.

A few vegetables, such as potatoes or beets, will require a little more water, especially when cooked whole, while leafy green ones will cook over moderate heat in the water that clings to the leaves after washing.

To improve the color of green vegetables leave uncovered for the first few minutes of cooking.

Frozen vegetables are boiled from the frozen state, usually for a shorter time than fresh ones. (Corn on the cob is thawed before cooking.)

The best way to heat canned vegetables is to pour off liquid into saucepan, heat to boiling, add vegetable, and serve as soon as piping hot.

Fresh raw vegetables, chilled or crisped in the refrigerator, retain more of their natural food values than when cooked. Many kinds may be served as "finger foods" — celery, carrot or turnip sticks, radishes, green onions, green pepper

rings, cucumber wedges, cauliflower flowerets, or small whole tomatoes. They also add color and form to a tossed green salad. Lettuce is usually the base of a tossed salad, but a number of other green leafy vegetables are found in today's markets — endive, escarole, watercress and spinach, as well as several varieties of lettuce — iceberg, Boston, bibb, and the green curly leaf lettuce. Parsley, peppergrass, and the tender tops of celery hearts are flavor bonuses. Any combination of vegetables from this assortment, tossed with a favorite dressing, is a refreshing course at dinner, lunch or supper.

baked potatoes

Scrub and rinse potatoes of uniform size. Grease skins lightly if desired. Bake in a hot oven, 425°F, until tender, 40 to 60 minutes. When soft, cut open and press to allow steam to escape. Serve promptly.

stuffed baked potatoes

Cut a slice from flat side of each baked potato. Scoop out centers and mash. Combine with milk to moisten, salt and pepper to taste, grated onion or onion salt and, if desired, an egg. Beat till smooth. Fill shells. Cover tops with buttered bread crumbs or grated cheese. Return to oven and serve piping hot.

Stuffed baked potatoes may be covered and stored in refrigerator for a day or two. Or they may be wrapped securely in freezer-wrap and stored in the freezer for 2 to 3 weeks. To serve, remove wrap and heat in moderate oven.

scalloped potatoes

6 medium potatoes
1 medium onion, sliced (optional)
flour

salt and pepper
1 tbs butter
milk

Wash and pare potatoes; cut in thin slices. Place a layer of potatoes and onion in greased baking dish or casserole. Sprinkle with flour; season with light sprinkling of salt and pepper. Repeat layers until dish is $\frac{3}{4}$ full. Dot top with butter. Pour in milk until it shows through top layer of potatoes. Bake in moderate oven, 350°F, until potatoes are tender, 1 to 1½ hours.

Makes 6 servings.

Variations:

- Place leftover ham or wieners cut in bite-size pieces between layers of potatoes.
- Place browned pork chops on top of potatoes. Turn chops halfway through baking time.
- In place of milk, cover with 1 10-oz can condensed cream of chicken, celery, or mushroom soup, thinned with milk to make the desired quantity.

oven-browned potatoes

Peel potatoes and cook in small amount of boiling salted water for 10 minutes. Drain. Have potatoes or potato pieces of uniform size. Place in roast pan around beef or pork roast for 45 to 60 minutes before roast is finished cooking. Roast, uncovered, in moderately slow oven, 325°F, until tender and browned, turning potatoes in the drippings once or twice to brown evenly. Remove from pan and keep warm while making gravy. Serve on platter around the roast.

baked carrots

Scrape and coarsely grate enough carrots almost to fill a greased casserole, or cut carrots in dice, slivers or fingers. Season with salt and pepper and dot with 1 or 2 tbsp butter. Add about ¼ cup water, cover and bake in a moderate oven, 350°F, until just crisp-tender, 30 to 50 minutes, depending on the maturity of the vegetable.

Other vegetables may be baked similarly. Try beets, parsnips, or onions. Leave small onions whole, or cut larger ones in halves or quarters.

Note: A pinch of herb or spice may be added to the vegetable. Carrots are good with minced chives, chopped mint or parsley, or a dash of nutmeg, ginger or cinnamon. Bake beets with a crumbled bay leaf, a few whole cloves or pinch of basil. Sage, savory, or thyme go well with onions. With parsnips, try mustard, paprika or celery salt.

glazed cooked vegetables

(carrots, parsnips, sweet potatoes)

3 cups cooked vegetable, cut in
strips or large pieces, drained
2 tbsp butter

¼ cup brown sugar, packed
1 tbsp liquid, vegetable
stock or water

Cook vegetable until crisp-tender; drain. Blend butter, sugar, and water in heavy frypan or saucepan over low heat until sugar melts. Add cooked, drained vegetable. Cook over low heat, turning several times to coat vegetable. Keep heat low to prevent scorching.

Makes 6 servings.

panned cabbage

6 cups shredded cabbage
2 tbsp butter, cooking oil, or
bacon fat

½ tsp salt
3 tbsp water

Heat butter in a heavy frypan over low heat. Add cabbage and sprinkle with salt. Add water and cover pan to hold in steam. Cook over low heat; stirring occasionally. Cabbage will cook in 5 to 10 minutes, depending on maturity.

Makes 4 to 5 servings.

Finely cut spinach and thinly sliced summer squash or carrots may be cooked similarly. Cook vegetable until just tender.

beets in sweet-sour sauce

1 tbsp cornstarch
2 tbsp sugar
¼ tsp salt
few grains pepper
2 tbsp vinegar

1 cup liquid from canned beets and water
1 tbsp butter
1 can (19 oz) sliced or diced
beets (about 2 cups)

Combine cornstarch, sugar, salt and pepper. Stir in vinegar to blend, then add beet liquid and cook, stirring, until thickened and clear. Add butter. Add beets and heat gently. To blend flavors, let stand over boiling water for 15 to 20 minutes before serving.

Makes 4 to 5 servings.

corn soufflé

2 tbsp fat
3 tbsp flour
1 cup milk
½ tsp salt

few grains pepper
3 eggs, separated
1½ cups kernel corn

Melt fat in saucepan, add flour and blend. Stir in milk and cook slowly over direct heat or in double boiler, stirring until smooth and thickened. Season with salt and pepper. Beat egg yolks well. Fold into white sauce, first adding a little of the sauce to the egg yolk and stirring thoroughly. Add corn. Mix well. Beat egg whites until stiff but not dry. Fold sauce into beaten whites. Pour into greased casserole, 1½-qt size. Set casserole in a shallow pan of hot water (oven-poach). Bake, in moderate oven, at 350°F for 1 to 1¼ hours, until knife inserted in center comes out clean. Serve at once.

Makes about 5 servings.

vegetable combinations

Combine 1½ cups diced boiled turnip with 2 cups cooked frozen peas. Toss with butter and seasonings. For extra flavor add ½ cup lightly fried fresh or canned sliced mushrooms.

Combine 2 cups diced cooked turnip with 1 cup sliced cooked celery and 1 cup boiled fresh or frozen green beans. Toss with butter and seasonings and serve hot. If desired, flavor with a sprinkle of ground allspice or powdered dill.

Cook together about 2 cups each diced turnip and carrots. Drain and mash thoroughly. Season with butter, salt and pepper and, if desired, a pinch of nutmeg. Carrots and parsnips may be treated similarly.

With drained cooked cauliflower flowerets lightly toss hot drained canned or frozen peas, green lima beans, or thinly sliced cooked carrots. Add a lump of butter or sprinkle with grated cheese.

Combine peas and whole kernel corn in equal amounts. Add chopped green pepper which has been cooked lightly in butter.

Combine 2 cups cooked beets with 2 cups cooked celery and heat together with ½ tsp salt, 1½ tbsp vinegar, and 3 tbsp chopped onion which has been cooked in cooking fat until transparent.

To canned or cooked fresh or frozen green beans add one of: chopped onion cooked in butter until transparent; crisp bacon bits; buttered bread crumbs.

To make buttered crumbs, melt 2 tbsp butter in shallow pan, add ⅓ to ½ cup dry bread crumbs and stir over moderate heat until crumbs are coated with butter and lightly toasted.

bean salad

**1 cup cooked dried white
beans, drained
1 small onion, chopped or
thinly sliced**

**1 tbsp cooking oil
1 tbsp vinegar
¼ tsp salt
few grains pepper**

Combine ingredients. Cover and let stand in refrigerator for several hours or overnight. Serve very cold.

Makes 3 servings.

Variations:

- Add one or more of: tomato sections, grated carrots, green or red sweet pepper strips, sliced radishes, chopped parsley, or coarsely cut black olives.
- Use French or Italian dressing instead of oil and vinegar.

marinated potato salad

3 cups diced cooked potatoes
1 tbsp diced onion (or more)
1 tsp salt
few grains pepper
¾ cup diced celery

**¼ cup chopped pickle, green pepper,
or sliced radishes (optional)**
3 to 4 tbsp French or Italian dressing
mayonnaise or salad dressing

Combine ingredients except mayonnaise, tossing lightly together. Chill an hour or longer to marinate. Add mayonnaise to taste and additional seasoning if necessary. Serve on crisp lettuce and garnish with tomato wedges.

Makes 6 servings.

Variations:

- To vary the flavor of potato salad add prepared mustard, horseradish, chopped parsley, or cucumber.
- For heartier potato salad add before serving, 3 chopped hard-cooked eggs or 1½ cups diced luncheon meat or leftover diced cooked meat. Or serve with cold meat, salmon loaf, or deviled eggs.
- To devil eggs, remove yolks from hard-cooked eggs halved lengthwise, press through sieve or mash with fork, season with salt and pepper, and moisten with salad dressing. Fill halved egg white cavities. Chill.

macaroni salad

**2 cups cooked macaroni,
rinsed and drained**
2 tbsp French dressing
**1 cup cooked or canned corned
beef, diced; or tuna fish, flaked;
or process cheese, cubed**
**2 hard-cooked eggs, chopped
(optional)**

½ cup diced sweet pickle
½ cup diced celery
**¼ cup diced green pepper or
sliced radishes**
¼ cup finely chopped onion
1 tsp Worcestershire sauce
½ cup salad dressing (approx)

Combine macaroni and French dressing and let stand 20 to 30 minutes in refrigerator to marinate. Prepare remaining ingredients and combine with macaroni.

Makes 4 or 5 servings.

For a salad meal arrange macaroni salad on lettuce leaves on a large platter. Surround with vegetable accompaniments suitable to the season. Choose from: onion rings or green onions, sliced cucumber, tomato wedges, green pepper rings, cauliflower flowerets, carrot strips, celery sticks, radishes, pickled beets, or dill pickles.

chicken and kidney bean salad

1 to 1½ cups cooked chicken or turkey, coarsely chopped; or
1 can (12 oz) luncheon meat, diced
about 2 cups cooked or canned kidney beans or 1 can (14 oz) drained
about 1 cup celery, coarsely chopped
⅓ cup sweet pickle, coarsely chopped

1 tbsp onion, finely chopped
2 hard-cooked eggs, diced or sliced
1 tsp salt
3 tbsp mayonnaise or salad dressing
1 tsp prepared mustard
1 tsp sweet pickle liquid

Combine all ingredients, tossing lightly. Chill at least 1 hour to blend flavors. Serve with carrot sticks, tomato wedges and potato chips.

Makes 4 to 6 servings.

cheese and lima bean salad

1 package (10 oz) or 2½ cups frozen lima beans, cooked and drained
½ lb cheddar cheese, diced
1 cup chopped celery

1 cup thinly sliced radishes
½ cup chopped onion
¼ to ⅓ cup mayonnaise
½ tsp salt
lettuce

Combine all ingredients, except lettuce, and toss to mix well. Serve on lettuce.

Makes 4 servings.

mixed vegetable salad

1 can (12 oz) kernel corn, drained
1 can (10 oz) cut green beans, drained
1 can (10 oz) green lima beans, drained
2 hard-cooked eggs, chopped
¼ cup each mayonnaise and yogurt

1 tbsp minced onion
½ tsp curry powder
1 tsp prepared mustard
½ tsp Worcestershire sauce
paprika

Combine vegetables and eggs. Blend remaining ingredients, except paprika, and add to mixture. Sprinkle with paprika.

Makes 6 servings.

Note: Mexican-style corn or 2 tbsp chopped green pepper and 1 tbsp chopped pimiento may be used.

zucchini salad

½ cup pickle relish
2 tbsp white vinegar
1 tsp granulated sugar
½ tsp salt

1 lb zucchini (3 or 4 small)
thinly sliced
lettuce leaves
1 tomato, cut in wedges

Combine pickle relish, vinegar, sugar and salt. Add zucchini; toss gently. Refrigerate for at least 30 minutes (overnight, if desired). Serve on lettuce with tomato wedges.

Makes 6 servings.

cabbage salad

Wash cabbage and remove any wilted outer leaves. Place in plastic bag or vegetable crisper and keep refrigerated until ready to use. Cut in halves or quarters; remove core. With sharp knife shred cabbage very thinly. One pound of cabbage makes about 3½ cups when shredded. Allow ½ to ¾ cup shredded cabbage per serving.

4 cups finely shredded cabbage
salt and pepper to taste

mayonnaise, French dressing, or
cooked salad dressing to moisten

Combine ingredients, tossing lightly.

Variations — add one or more of the following:

- Apple, diced, unpeeled, 1 cup
- Raisins, ½ cup
- Carrots, shredded, ½ to 1 cup
- Green pepper, diced, ⅓ cup
- Pineapple tidbits, ½ cup
- Peanuts or walnuts, chopped, ⅓ cup
- Celery, diced, 1 cup
- Cucumber, diced, ½ to 1 cup
- Radishes, sliced, ½ cup

old fashioned salad bowl

1 small head lettuce
2 cups spinach or other greens
½ cucumber, sliced

¼ cup sliced radishes
¼ cup diced green onions
⅓ cup French dressing

Tear lettuce and other greens into bite-size pieces in large salad bowl. Add radishes and onions. Toss gently with dressing to coat lettuce well.

Makes 6 to 8 servings.

jellied fruit mold

1 tbsp (1 envelope) plain gelatin
¼ cup cold water
**1 cup boiling liquid (syrup from
canned fruit, apple, orange
or other fruit juice)**

¼ cup lemon juice
**about ¼ cup sugar (depending on
sweetness of fruit)**
¼ tsp salt
1½ cups canned or fresh fruit

Stir gelatin into cold water. Let stand 2 or 3 minutes to soften. Dissolve gelatin in hot liquid. Add lemon juice, sugar, and salt. Chill until slightly thickened to about the consistency of raw egg white. Fold in prepared fruit. Pour into 1-qt mold or individual molds which have been rinsed with cold water or brushed with cooking oil. Chill until firm. Unmold on crisp lettuce or greens, and serve with salad dressing.

Suggested fruit combinations:

- ½ cup each diced fresh or canned peaches, fresh or canned pears, and cut orange sections.
- ½ cup each diced apple (red skins left on) and celery, and ¼ cup chopped nuts.
- Use apple cider in place of liquid and only 1 tbsp lemon juice.
- 1 cup drained canned fruit cocktail and ½ cup fresh berries; e.g., raspberries, blueberries, sliced strawberries.

For a design on top of unmolded fruit gelatin, pour gelatin mixture into mold to depth of one-half inch. Let thicken. Arrange fruit in a pleasing pattern and chill until firm before filling mold with remaining fruit and gelatin mixture.

peach and cottage cheese salad

Fill drained canned peach halves with mound of creamed cottage cheese and serve on lettuce with mayonnaise or salad dressing. Or use peeled fresh peach halves. (To prevent darkening, sprinkle peach halves with lemon juice.)

french dressing

¼ cup vinegar
¾ cup cooking oil
¼ tsp salt

few grains pepper
1 tsp sugar

Combine all ingredients in shaker or screw-top jar. Chill. Shake dressing well before adding to salad.

To this basic dressing may be added one or more of: ¼ tsp mustard, 1 tsp Worcestershire sauce, ½ tsp paprika, 1 tbsp finely minced onion, 2 tbsp catsup, or 1 or 2 tsp celery seed. Or add one clove garlic, peeled and halved, let stand several hours and remove.

sweetened vinegar

¼ cup brown sugar
¼ cup vinegar

¼ cup water
¼ tsp salt

Stir ingredients together until sugar and salt dissolve. Chill and store in covered jar. Use as a dressing on shredded cabbage, lettuce and other tossed salads.

cooked salad dressing

1 tsp mustard
1½ tsp salt
3 tbsp sugar
2 tbsp flour

2 egg yolks or 1 egg, beaten
1 cup milk
2 tbsp butter
⅓ cup vinegar

Mix dry ingredients in top of double boiler. Slowly add beaten egg combined with milk. Cook over boiling water, stirring until thickened and smooth. Add butter, cool slightly and slowly stir in vinegar. Chill. Store in covered jar in refrigerator.

sour cream dressing

**½ cup dairy sour cream or
plain yogurt**
½ tsp celery seed (optional)

1 tbsp minced onion or chives
1 tbsp vinegar
¾ tsp salt

Combine ingredients. Chill. Serve with salad greens or sliced tomatoes and cucumbers. A sprinkling of sugar may be added to the dressing, if desired.

mayonnaise

1 egg yolk
½ tsp salt
½ tsp dry mustard
¼ tsp paprika

few grains cayenne
2 tbsp vinegar or lemon juice
1 cup salad oil

Put egg yolk and seasonings into bowl and beat until very light. Add 1 tbsp vinegar or lemon juice and beat again. Gradually beat in oil, adding ½ tsp at a time until ½ cup is used, then add 1 to 2 tbsp at a time, beating between additions. As mixture thickens, add remaining vinegar or lemon juice. Store in covered container in refrigerator.

desserts



Desserts planned with an eye on the food budget can help to get your money's worth in food. At least three of the food groups in the Food Guide for Health provide ingredients for delicious desserts — simple ones if the food budget is limited, more elaborate ones if there is a little more money to spend.

- Milk desserts will supply part of the day's requirements for milk and there are plenty to choose from. Blancmange with its many adaptations is quick and inexpensive; even quicker but a bit more costly if one of the many prepared mixes is used. Custards or desserts with a custard base use both milk and eggs. Ice cream is a richer dairy dessert but does supply some of the food values of milk. Plain yogurt has the same food value as the milk from which it is made but flavored yogurt will be somewhat higher in calories since varying amounts of sugar are added.
- Fruit is a dessert in itself and a popular item in many dessert recipes. Fresh, frozen, canned or dried, there's fruit for all seasons — in pies, shortcakes, molded jellies, crisps, sauces for puddings and ice cream, upside-down cakes, and combination fruit cups. The dessert course is a good place to serve one or both of the "two servings of fruit or juice" recommended in the Food Guide. And with so many kinds, forms and grades to choose from, fruit fits comfortably into any food budget.
- Cereals of one kind or another are widely used in desserts. All pastries and cakes use cereal in the form of flour. Dessert accompaniments — cookies, muffins, quick breads, sweet rolls — are made with flour and often with other cereal products such as rolled oats, cornmeal, bran, or one of the ready-to-eat cereals. Rice is the basis for many popular desserts, often combined with milk, eggs or fruit from one of the other food groups.

Choose a simple, inexpensive dessert when the first course costs a little extra, a fancier one to complement a plainer main course. And plan the dessert to fill in the gaps and balance the day's food requirements.

baked apples

6 medium apples
½ cup raisins
¼ cup brown sugar

¼ tsp cinnamon
1 tbsb butter

Wash and core apples. Score with a sharp pointed knife one-third of the way down to prevent skins from splitting. Place in baking dish. Combine raisins, sugar, and cinnamon. Fill apple cavities. Dot with butter. Cover bottom of dish with hot water. Bake in a moderate oven, 375°F, 30 minutes or until tender. Baste occasionally.

Makes 6 servings.

Variations:

In place of raisins use mincemeat or cranberry sauce. Omit cinnamon.

baked apple tapioca

½ cup quick-cooking tapioca
½ cup sugar
¼ tsp salt
3 cups boiling water

6 medium apples, peeled and sliced
2 tbsb butter
½ tsp nutmeg

Combine tapioca, sugar, salt, and water and bring to boil, stirring constantly. Remove from heat. Place apple slices in greased 2-qt casserole. Dot with butter and sprinkle with nutmeg. Pour hot tapioca over apples. Bake in a moderate oven 375°F, for 45 minutes or until apples are tender.

Makes 6 to 7 servings.

rhubarb sauce

4 cups fresh or frozen rhubarb
About 1 cup sugar

Wash, trim, and cut rhubarb in 1-inch pieces. Place in saucepan or top of double boiler, stir in sugar and let stand 20 minutes. A little water (about ¼ cup) may be added. Cook slowly until tender over direct heat or over boiling water in double boiler. If desired, bake in covered baking dish in a moderate oven, 350°F, until tender. A little grated orange rind cooked with the rhubarb gives it a delicious flavor.

cottage pudding

¼ cup shortening or butter
⅔ cup sugar
1 egg
1 tsp vanilla

1½ cups sifted pastry flour
½ tsp salt
2½ tsp baking powder
¾ cup milk

Cream the shortening, gradually add sugar and blend well. Add the egg and beat mixture until light and creamy. Add vanilla. Sift together dry ingredients. Add alternately with milk, beating slightly after each addition. Beat mixture for 1 minute and pour into greased 8-inch square pan. Bake in a moderate oven, 375°F, 25 to 30 minutes. Cake is done if it springs back when lightly pressed with fingertips. Serve hot, cut in squares, with Brown Sugar Sauce, Hot Cherry or other pudding sauce, or warm applesauce.

Makes 8 to 9 servings.

fruit cottage pudding

1 recipe cottage pudding
2 cups fresh or canned applesauce or
2 cups drained canned fruit,
e.g. peaches, pitted plums, cherries, etc

In bottom of greased 8-inch cake pan or 1½-qt casserole, place layer of fruit. Make cottage pudding batter. Pour batter over fruit. Bake in a moderate oven, 375°F, for about 40 minutes. Serve with Fruit Sauce (recipe, page 69), or other pudding sauce, or with milk or pouring cream.

Makes 9 servings.

Note: If desired, use commercial cake mix as batter. Follow package directions for mixing and fill dish only to within ½ inch from the top. Make cupcakes with any remaining batter.

peach crumble

1 can (28 oz) sliced peaches, drained
1 tbsp lemon juice
⅓ cup sifted flour
½ cup brown sugar

½ tsp salt
⅓ cup melted butter
1 cup quick-cooking rolled oats

Place drained peaches in greased shallow baking dish or 1½-qt casserole. Sprinkle with lemon juice. Combine remaining ingredients thoroughly, mixing until crumbly. Sprinkle over peaches. Bake in a moderate oven, 375°F, for 45 to 60 minutes, till topping is cooked and browned on top. Serve warm, plain or with pouring cream or ice cream.

Makes 6 servings.

Note: In season, fresh peaches, apples, blueberries or rhubarb may be used. Peel and slice peaches or apples; cut rhubarb in ½-inch pieces. Use 2 to 3 cups fruit or enough to cover bottom of dish generously. Sweeten with sugar according to the tartness of the fruit.

plum dumplings

2 cans (14 oz each) plums
(3½ to 4 cups fruit and syrup)
¼ cup sugar

Dumplings

1 cup sifted pastry flour
2 tsp baking powder
1 tbsp sugar
½ tsp salt

1 tbsp cornstarch
1 tbsp lemon juice or
½ tsp cinnamon

2 tbsp melted butter or
cooking oil
½ cup milk

Drain syrup from plums and pit them. In broad saucepan combine sugar, cornstarch, lemon juice or cinnamon with plum syrup and heat to boiling, stirring until slightly thickened. Add plums and heat. For dumplings, sift together flour, baking powder, sugar, and salt. Combine butter and milk and mix quickly into dry ingredients, stirring only enough to moisten. From a spoon, drop dumpling batter on top of simmering fruit. Cover with tight-fitting lid and cook gently for 12 to 15 minutes. Do not uncover pan during cooking. Serve promptly with the plum sauce.

Makes 6 servings.

Note: Dumplings may be cooked on top of sweetened stewed rhubarb, blueberries, or other fruit. Or omitting sugar, use as topping on beef or other meat stew. (See Chicken and Dumplings, page 31.)

chocolate bread pudding

2 tbsp butter
⅓ cup brown sugar
2 cups hot milk
2 eggs

1 tsp vanilla
¼ tsp salt
2 cups bread cubes
½ cup (3 oz) chocolate bits

Heat butter and brown sugar over low heat until sugar is melted. Gradually add hot milk; stir and cool. Add slightly beaten eggs, vanilla, and salt. Arrange alternate layers of bread cubes and chocolate bits in greased 1½-qt baking dish. Pour milk mixture over bread and chocolate. Place dish in pan of hot water and bake in moderate oven, 350°F, for 1 to 1¼ hours or until knife inserted in center comes out clean.

Makes 6 to 8 servings.

Note: For raisin bread pudding, omit chocolate bits and add ½ cup raisins with ½ tsp cinnamon.

pudding mix (blancmange)

1½ cups sugar
2½ cups powdered skim milk

1¼ cups flour (pastry)
1 tsp salt

Combine all ingredients until well mixed. Store in covered container in cool place.

Makes 4½ to 5 cups mix. For a larger quantity double the recipe.

(Directions for making Vanilla Pudding and Chocolate Pudding follow.)

vanilla pudding

1¼ cups pudding mix
2½ cups warm water
1 tbsp butter

1 egg, beaten
1 tsp vanilla

Combine mix with the water in top of double boiler. Place over boiling water and cook, stirring constantly, until thickened. Cover and cook for 8 to 10 minutes. Add the butter. Remove from heat and beat half the mixture into the beaten egg. Return to double boiler and blend together. Cook for 1 minute. Remove from heat and stir in vanilla. Pour into serving dishes and cool.

Makes 5 servings.

Serving hints:

- Top pudding with whipped cream or Powdered Skim Milk Topping (recipe, page 69). Garnish with dab of apple jelly, shaved semisweet chocolate, nuts, or crushed peppermint candy.
- Combine pudding with shredded coconut or chopped nuts.
- Place canned peach half, a few orange sections, or berries in bottom of serving dishes before filling with pudding.

chocolate pudding

1¼ cups pudding mix
¼ cup cocoa
2½ cups warm water

1 tbsp butter
1 tsp vanilla

Combine pudding mix with cocoa. Stir in water and cook over boiling water, stirring until thickened. Cover and cook for 8 to 10 minutes. Add butter and vanilla. Pour into bowl or individual dishes. Cool.

Makes 5 servings.

Variations:

For two-tone pudding, make vanilla and chocolate pudding and place in layers in serving dishes. For marbled effect swirl through pudding with pointed knife.

rice custard

2 cups cooked rice
2 cups milk
2 eggs, beaten
1/3 cup brown sugar, firmly packed

1/4 tsp salt
1/4 tsp nutmeg
1 tsp vanilla
1/3 cup raisins (optional)

Combine all ingredients and turn into buttered baking dish. Set in pan of hot water and bake in moderate oven, 350°F, until firm, 1 to 1 1/4 hours. Stir mixture after 20 minutes cooking.

Makes 5 to 6 servings.

Note: If using cooked converted rice, decrease milk to 1 1/2 cups.

quick fudge pudding

1 cup sifted pastry flour or
7/8 cup all-purpose flour
2 tsp baking powder
3/4 tsp salt
1/2 cup sugar
2 tbsp cocoa
1/2 cup chopped walnuts (optional)

1/2 cup milk
1 tsp vanilla
2 tbsp melted butter
2 tbsp cocoa
3/4 cup brown sugar
1 cup boiling water
1 tsp vanilla

Sift into a bowl the flour, baking powder, salt, sugar, and 2 tbsp cocoa. Add nuts, milk, 1 tsp vanilla, and melted butter. Mix together. Spread in greased 1 1/2-qt casserole. Mix together 2 tbsp cocoa, brown sugar, boiling water, and 1 tsp vanilla. Pour over batter without stirring. Bake in a moderate oven, 350°F, for 45 to 50 minutes. Serve warm or cold.

Makes 6 servings.

fruit whip

Half of a 3 oz package fruit-
flavored jelly powder
1 cup boiling water
1/2 cup cold water

1 tbsp lemon juice
2/3 cup skim milk powder
few grains salt
1/4 cup sugar

Dissolve jelly powder in boiling water and chill until slightly thickened. In a large bowl, combine cold water, lemon juice, skim milk powder and salt. Beat until stiff peaks form (about 5 minutes). Gradually beat in sugar. Beat slightly thickened jelly until foamy, then fold into whipped skim milk. Fill a 5-cup moistened mold or individual serving dishes. Chill until firm, about 1 hour. If desired, garnish with berries or sliced fruit.

Makes 6 servings.

hot cherry sauce

1 can (19 oz) pitted red cherries
1½ tbsp cornstarch
2 tbsp cold water
few grains salt

1 tbsp butter
¼ tsp almond flavoring or
1 tbsp lemon juice

Drain syrup from can of cherries and heat to boiling. Combine cornstarch with water to make a smooth paste. Stir into hot syrup and cook, stirring until thickened and clear. Cook one or two minutes longer, stirring occasionally. Remove from heat; add cherries, salt, butter, and flavoring.

Makes 2½ cups.

brown sugar sauce

1 cup brown sugar
2 tbsp cornstarch
2 cups boiling water

2 tbsp butter
1 tsp vanilla
few grains salt

Mix sugar and cornstarch thoroughly. Stir in boiling water and cook, stirring, until thickened and there is no taste of raw starch. Remove from heat, add butter and vanilla. Serve hot.

Makes about 2 cups or enough for 8 servings.

fruit sauce

1 tbsp cornstarch
2 to 4 tbsp sugar
few grains salt
¼ to ½ tsp grated lemon
rind (optional)

syrup from canned fruit
(add water if necessary to
make 1 cup)
1 tbsp lemon juice

Mix cornstarch, sugar, salt, and lemon rind. Slowly stir in fruit syrup. Cook, stirring until thickened and clear. Add lemon juice just before serving.

Makes 4 to 5 servings.

powdered skim milk topping

½ cup cold water
1 tbsp lemon juice
⅔ cup powdered skim milk

few grains salt
¼ cup sugar
½ tsp vanilla

Measure water and lemon juice in deep mixing bowl. Add powdered skim milk and salt and blend well. Beat with a rotary beater or electric mixer (medium-high speed) until mixture stands in firm peaks — about 5 minutes. Gradually add sugar and vanilla.

Makes about 3 cups.

Use as a topping for pies, puddings, gelatin desserts, fruit cups.

quick pastry mix

8 cups sifted pastry flour
1 tbsp salt

1 lb shortening (2 $\frac{1}{3}$ cups)

In a large bowl, blend flour and salt. With pastry blender or two knives, cut in the shortening until the mixture resembles coarse meal. Store in tightly covered container for 4 to 6 weeks.

Makes about 10 cups of mix.

For two-crust 9-inch pie, measure 2 cups pastry mix, lightly packed. With a fork, stir in 3 to 4 tbsp cold water, one tbsp at a time. Add only enough water to make dough particles cling together. Form into a ball. Divide the dough approximately in half. On lightly floured board, roll one piece in a circle $\frac{1}{8}$ inch thick; line pie pan and trim edges. Fill pie with filling. Roll pastry circle for top crust and fold in half. With knife, make several slits at or near center fold, to allow steam to escape during baking. Moisten edge of lower crust with water, lay top crust over filling with fold at center; unfold. Trim edges and press top and bottom edges together with tines of a fork, or crimp edges with fingers. Bake in preheated oven at temperature given in recipes.

apple pie

6 medium cooking apples
(5 cups sliced)
 $\frac{1}{2}$ cup sugar ($\frac{3}{4}$ cup for tart apples)

$\frac{1}{2}$ tsp cinnamon or $\frac{1}{4}$ tsp nutmeg
1 tbsp butter
pastry for 2-crust 9-inch pie

Wash, peel, and quarter apples; cut in slices. Combine sugar and spice. Place apples and sugar mixture in alternate layers in pastry-lined pie plate. Dot with butter. Roll and cut slits in top crust. Place over apples, trim pastry and crimp edges together. Bake in a hot oven, 425°F, for 10 minutes, reduce temperature to 350°F, and continue baking for 40 to 45 minutes or until apples are cooked.

Makes 6 to 8 servings.

rhubarb pie

3 to 4 cups fresh or frozen rhubarb
1 egg
 $\frac{1}{4}$ cups sugar
4 tbsp flour

$\frac{1}{4}$ tsp salt
1 tbsp melted butter
pastry

Wash and cut fresh rhubarb in $\frac{1}{2}$ -inch pieces or let cut frozen rhubarb thaw. Beat egg slightly, combine with sugar, flour, salt and melted butter. Combine with rhubarb. Roll pastry about $\frac{1}{8}$ inch thick and line 9-inch pie plate. Fill with rhubarb mixture. Cover with crisscross lattice top made with $\frac{1}{2}$ -inch strips of pastry. Crimp edges. Bake in a hot oven, 425°F, for 10 minutes, then reduce heat to 350°F, and bake 40 to 50 minutes.

Makes 6 to 8 servings.

oatmeal pie

¼ cup butter
½ cup sugar
½ tsp cinnamon
½ tsp cloves
¼ tsp salt

1 cup corn syrup
3 eggs
1 cup quick cooking rolled oats
1 unbaked 9-inch pastry shell

Cream butter and sugar. Add cinnamon, cloves and salt; stir in corn syrup. Add eggs, one at a time, mixing well after each addition. Stir in rolled oats and pour into pie shell. Bake at 350°F for about 1 hour, or until knife inserted in center comes out clean. If desired, filling may be used for tarts.

Makes 8 servings.

butter tarts

2 tbsp butter, softened
1 cup brown sugar
1 egg beaten
1 tsp vanilla

**½ cup currants or raisins, washed
and dried**
pastry

Cream butter and sugar together well. Combine with beaten egg, vanilla and fruit. Line tart tins with rolled pastry, and fill ¾ full with filling. Bake in a hot oven, 425°F, for 10 to 12 minutes.

Makes 12 medium tarts.

mincemeat tarts

Use homemade mincemeat, or commercial mincemeat prepared as the package directs. Line tart tins with rolled pastry and fill ¾ full with mincemeat. Cover with top crust or place pastry cut-out on the top. Bake in a hot oven, 450°F, for 10 to 15 minutes, until crust is lightly browned, then reduce heat to 325°F and bake for about 15 minutes longer. Serve warm.

pumpkin tarts

1 tbsp flour
1 cup brown sugar
1 tsp ginger
1 tsp cinnamon
¼ tsp nutmeg
¼ tsp salt

**1½ cups pumpkin, cooked or
canned (14 oz can)**
1½ cups milk, scalded
3 eggs
pastry

Combine flour, sugar, spices and salt. Stir into pumpkin. Add scalded milk to beaten eggs and combine with pumpkin mixture. Fill pastry-lined tart tins ¾ full with mixture. Bake in hot oven, 450°F, for 10 minutes, then reduce heat to 325°F and bake until filling is set, 25 minutes.

Makes 2 dozen medium tarts.

quick breads cakes & cookies



These are the extras that round out the day's meals after foods from the Food Guide have been chosen. Often they add useful food values because of the eggs, milk, whole cereals, or dried fruits which are part of many recipes. They are relatively high in calories and should be limited by those who are trying to keep their weight under control.

Many kinds of cakes, cookies, and fancy breads are offered by bakery shops, and very attractively displayed. In this group, too, are partially or fully prepared frozen products and a great variety of packaged mixes. All of these are convenient and popular but unless purchased with "your money's worth" in mind may take too large a proportion of the food dollar.

These baked foods can be made at home and most homemakers have their own recipes for family favorites and company specials. Not only do they save money but there is real pleasure in producing a batch of spicy cookies or a perfect cake for a family that appreciates good food.

ready biscuit mix

5¼ cups sifted all-purpose flour
3 tbsp baking powder

1½ tsp salt
1 cup shortening

Sift together flour, baking powder and salt. Stir to mix well, then sift together 4 times. Cut in shortening with pastry blender or two knives until mixture resembles fine meal. Store in jar or tin with tight fitting lid. This mixture will keep for 4 to 6 weeks without refrigeration.

Makes 7½ to 8 cups ready biscuit mix.

tea biscuits

2 cups ready biscuit mix (do not pack)

$\frac{5}{8}$ cup milk

Measure biscuit mix in bowl; add milk and stir with fork to mix well. Turn out on floured board and knead 8 to 10 times. Roll or pat to $\frac{1}{2}$ -inch thickness. Cut in desired shapes and place on ungreased baking sheet. Bake at 450°F for 12 to 15 minutes, or bake biscuits in a lightly greased electric frypan set at 350°F. Bake for 15 minutes, leaving the vent open or the lid slightly ajar, and turn biscuits once during baking.

Makes 10 to 12 biscuits.

pancakes

2 cups ready biscuit mix

2 eggs, well beaten

1 $\frac{1}{4}$ cups milk

Measure biscuit mix into bowl; beat eggs and add to milk. Gradually add liquid to mix. Stir only enough to dampen mix. Bake on hot ungreased griddle, heavy frypan or electric frypan. (Pan is right temperature when a few drops of water sprinkled on it jump around.) When bubbles form and underside is golden brown, turn and brown other side.

Makes 16 4-inch pancakes.

bran muffins

1 cup sifted all-purpose flour

1 tsp baking soda

1 tsp salt

2 cups cooking bran

$\frac{1}{2}$ cup raisins or chopped dates

1 cup milk

$\frac{1}{3}$ cup molasses

$\frac{1}{4}$ cup sugar

1 egg, beaten

**2 tbsp melted shortening or
cooking oil**

Sift together the flour, soda, and salt. Stir in bran. Wash raisins if necessary and pat dry on paper towel. Stir raisins or chopped dates into flour mixture. Combine milk, molasses, sugar, beaten egg, and melted shortening. Stir liquid ingredients into dry ingredients, mixing quickly and only enough to combine. Mixture will be rough and pebbly. Fill greased muffin tins $\frac{2}{3}$ full. Bake in hot oven, 400°F, for 15 to 20 minutes.

Makes about 1 dozen muffins.

corn muffins

1/3 cup shortening
1/3 cup sugar
1 egg, beaten
1 1/4 cups milk

1 cup sifted pastry flour
4 tsp baking powder
3/4 tsp salt
1 cup cornmeal

Cream shortening; add sugar and cream together. Add beaten egg and milk and combine thoroughly. Sift and measure flour and sift again with baking powder and salt into mixing bowl. Stir in cornmeal. Add liquid mixture all at once and stir only enough to dampen flour. Fill greased muffin tins $\frac{2}{3}$ full. Bake in hot oven, 425°F, for 15 to 20 minutes. Serve hot with butter for the main course, or as dessert with maple or other syrup, honey, jam, or fruit.

oatmeal muffins

3/4 cup quick-cooking rolled oats
3/4 cup plus 2 tbsp all-purpose flour
2 tbsp brown sugar
1 1/2 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt

1 tsp cinnamon
1/4 cup butter
1 egg
3/4 cup sour milk or buttermilk
brown sugar
cinnamon

Combine first seven ingredients in mixing bowl and mix well. Cut in butter until the particles are about the size of peas. Beat egg and sour milk together and pour over first mixture. Mix only until dry ingredients are moistened. Fill greased muffin cups $\frac{2}{3}$ full. Sprinkle tops with brown sugar and cinnamon and bake at 425°F for 15 to 20 minutes.

Makes 12 muffins.

raised currant muffins

1 envelope active dry yeast
1/4 cup butter, melted
1/2 tsp salt
1/4 cup sugar
1/2 cup currants

2 eggs, slightly beaten (1 tbsp reserved)
1/4 cup yellow corn meal
1 cup plus 1 tbsp milk
1/4 cup plus 2 tbsp wheat germ
2 1/4 cups all-purpose flour

Dissolve yeast in $\frac{1}{4}$ cup warm water (105 to 115°F) in mixing bowl and let stand for 5 minutes. Add butter, salt, sugar, currants, eggs, cornmeal, 1 cup milk and $\frac{1}{4}$ cup wheat germ. Stir until well blended. Gradually add flour, beating until smooth. Cover loosely with plastic wrap and let rise in warm place 1 hour or until doubled in bulk. Beat well and fill 18 greased muffin cups $\frac{2}{3}$ full. Let rise in warm place for about 30 minutes until muffin cups are almost full. Mix reserved egg with 1 tbsp milk and brush tops with mixture. Sprinkle with 2 tbsp wheat germ, if desired. Bake in oven at 375°F for 15 to 20 minutes or until tops are browned and muffins cooked. Let muffin pans stand on rack for 5 minutes, then loosen muffins around edges and turn out.

Makes about 18 muffins.

quick fruit loaf

1 egg
½ cup sugar
¾ cup milk
¼ cup shortening, melted
½ tsp almond flavoring
1 tsp lemon flavoring

2¼ cups sifted pastry flour
1 tsp salt
3 tsp baking powder
1 cup raisins
⅔ cup mixed peel (4 oz)

Beat egg, add sugar gradually and beat well. Add milk, shortening, and flavorings. Sift and measure flour and sift again with salt and baking powder. Sift about ⅓ cup dry ingredients over raisins and peel; toss lightly. Add milk mixture all at once to dry ingredients. Add fruit, mix only enough to dampen all flour. Turn into greased 9 x 5 x 3-inch loaf pan. Bake in slow oven, 325°F, for 1 hour. Remove from pan and cool on rack. Wrap and store in closely covered container for at least 24 hours before cutting. This loaf keeps well for a week or more. May also be frozen.

favorite cake

⅓ cup shortening
1 cup sugar
½ tsp vanilla
2 eggs, well beaten

1¾ cup sifted pastry flour
2½ tsp baking powder
¼ tsp salt
⅔ cup milk

With waxed paper, line bottom of 8-or 9-inch square pan or two 8-inch layer pans. Cream shortening and gradually add sugar, creaming together well. Add vanilla and eggs. Beat. Sift and measure flour and sift again with baking powder and salt. Add to creamed mixture alternately with the milk in three additions, adding dry ingredients first and last. Turn into cake pan and bake in moderate oven, 350°F, for 35 to 40 minutes. Cake springs back when lightly touched with finger. Cool in pan for 10 minutes. Turn out on rack, remove paper and complete cooling on rack. Ice with favorite icing.

cocoa cake

½ cup shortening
1 cup sugar
2 eggs, beaten
1 tsp vanilla
1½ cups all-purpose flour

½ cup cocoa
2½ tsp baking powder
¾ tsp salt
1 cup milk

Cream the shortening. Gradually add the sugar, beating until light and fluffy. Add well-beaten eggs and vanilla; combine well. Sift together flour, cocoa, baking powder, and salt. Add to creamed mixture in three portions, alternately with the milk, beginning and ending with flour mixture. Beat to mix thoroughly. Pour batter into greased 9-inch square pan or two 8-inch layer cake pans. Bake in a moderate oven, 350°F, for 45 to 50 minutes for square cake, 30 to 35 minutes for layer cakes. When cool, ice with cocoa icing.

cocoa icing

2 cups icing sugar (approx)
3 tbsp cocoa
few grains salt

3 tbsp soft butter
3 tbsp hot water or milk
½ tsp vanilla

Sift together the icing sugar, cocoa and salt. Combine butter and hot water or milk and gradually add the sugar-cocoa mixture, creaming after each addition. Add the vanilla. If necessary, add additional icing sugar to make icing of spreading consistency. This amount will ice the top and sides of an 8-or 9-inch cake, or two layers.

brown sugar frosting

1 cup brown sugar
¼ cup water
1 egg white

⅛ tsp salt
½ tsp vanilla

Combine all ingredients except vanilla in top of double boiler. Cook over boiling water, beating constantly with rotary or electric beater until mixture stands in stiff peaks, about 7 minutes. Remove from heat; add vanilla and beat until of spreading consistency, about 1 minute. Will frost top and sides of an 8-or 9-inch cake.

quick chocolate cookies

1 cup sifted pastry flour
6 tbsp cocoa
½ tsp soda
½ tsp salt
1 cup brown sugar

½ cup shortening, at room temperature
1 egg, unbeaten
1 tsp vanilla
½ tsp almond flavoring (optional)
1 cup quick-cooking rolled oats

Sift together flour, cocoa, soda, salt, and sugar into bowl. Add shortening, egg and flavorings. Beat until smooth. Dough will be stiff. Add rolled oats. Mix thoroughly. Drop mixture from teaspoon on greased baking sheet. Flatten with a fork dipped in cold water. Bake in a moderate oven, 350°F, for 15 minutes. Remove from baking sheet, cool on rack, and store in closely covered container.

Makes 2½ dozen cookies, 1 inch in diameter.

Note: If desired, mixture may be pressed ¼ inch thick into greased pans and cut in squares after baking.

marmalade drop cookies

1½ cups sifted pastry flour
½ tsp baking soda
½ tsp salt
1½ cups whole wheat flour

½ cup shortening
⅔ cup sugar
2 eggs, well beaten
¾ cup orange marmalade

Sift and measure pastry flour and sift again with soda and salt. Stir in whole wheat flour. Cream shortening. Gradually add sugar and eggs. Beat well. Stir in dry ingredients, then marmalade. Drop mixture from teaspoon on greased cookie sheet, 2 inches apart. Bake in moderate oven, 350°F, for 12 to 15 minutes. Remove from cookie sheet and cool on rack. Store in tightly covered container or wrap and freeze.

Makes 4 dozen cookies.

carrot cookies

¾ cup sifted pastry flour
2 tsp baking powder
¼ tsp soda
1 tsp salt
1 tsp cinnamon
1 tsp nutmeg
¾ cup whole wheat flour

1½ cups quick-cooking rolled oats
1 cup seedless raisins
½ cup shortening
1 cup brown sugar
2 eggs
1 cup grated raw carrot

Sift and measure pastry flour and sift with baking powder, soda, salt and spices. Combine with whole wheat flour, rolled oats, and raisins. Cream shortening with brown sugar. Beat in eggs one at a time, beating well. Stir in carrots. Gradually add dry mixture, mixing well. Drop mixture from teaspoon on greased baking sheets. Bake in a moderate oven, 350°F, for 12 to 15 minutes.

Makes 5 dozen cookies.

quick ginger snaps

½ cup shortening
½ cup brown sugar
½ cup molasses
1 tsp ginger

½ tsp baking soda
¼ tsp salt
2¾ cups sifted pastry flour

Measure all ingredients, except flour, into a large saucepan. Heat and stir until mixture begins to boil. Remove from heat and add flour, in four additions. Beat well after each addition. Turn out on lightly floured board and knead dough for one minute. Divide dough into two portions for easier handling. While warm roll about ⅛ inch thick. Cut with 2-inch cookie cutter. Place on greased baking sheet. Bake in slow oven, 325°F, 10 to 12 minutes. Remove at once from baking pans and cool on rack. Store in closely covered container.

Makes about 3 dozen cookies.

rolled oats refrigerator cookies

1 cup lard
2 cups brown sugar
2 eggs
1 tsp vanilla
2¼ cups sifted pastry flour

2 tsp baking soda
1 tsp salt
1 cup chopped raisins
2 cups quick-cooking rolled oats
½ cup chopped nuts (optional)

Cream together the lard and brown sugar. Add eggs one at a time, beating well after each addition. Add vanilla. Sift and measure flour and sift again with soda and salt. Stir in raisins, rolled oats, and nuts. Combine with creamed mixture, mixing well. Shape dough into 2 rolls about 2 inches in diameter and wrap each in waxed paper. Chill rolls thoroughly, then slice in ¼-inch slices. Bake on ungreased cookie sheets in a moderate oven, 350°F, for 10 to 12 minutes. Remove from cookie sheets and cool on rack. Store in closely covered containers.

Makes 5 to 6 dozen cookies.

Note: Wrapped dough will keep 2 or 3 weeks in refrigerator.

unbaked chocolate squares

2 tbsp cocoa
½ cup sugar
1 egg
½ cup butter, at room temperature

1 tsp vanilla
½ cup coarsely chopped walnuts
2 cups graham wafer crumbs

Combine cocoa and sugar in saucepan and add egg. Mix well. Add butter. Stir over moderate heat until bubbly. Remove from heat; add vanilla, walnuts, and graham wafer crumbs and combine well. Press into greased 8-inch square pan. Ice with chocolate-mocha icing. Cut in squares.

chocolate-mocha icing

1 tbsp butter, softened
1 tbsp cocoa
½ tsp instant coffee

1 tbsp hot water
1 cup sifted icing sugar (approx)

Blend butter, cocoa, and instant coffee together. Stir in hot water. Mix in icing sugar gradually until mixture is of spreading consistency.

